

## **Thoughts on Basic Nutrition.**

Getting the right chemicals from your diet is essential for your health. Unfortunately with today's intensive farming and storage methods many natural foods lack the nutrients we would expect to gain from eating them and all too often additives used to enhance food are detriments to health. At our clinics we recognise that there should nutritionally be a baseline that everyone should aim for. Ultimately we should aim for a balanced wholesome diet made up of natural ingredients, fresh meat and vegetables. Using fruit between meals and avoiding additives, refined sugars, carbohydrates and sweeteners of all kinds (especially in children)

### **Greens**

Leafy greens are loaded with minerals, carbohydrates and roughage. They also play a massive role in cleansing the liver and removing bad fats from the body. It is therefore very important we eat these on a daily basis. I recommend that at the family meal one has a bowl of mixed leaves for everyone to eat, even children. Leafy greens are for example spinach, rocket, watercress, broccoli, brussel sprouts, kale, spring greens and my favourite brussel tops. You can cheat by supplementing using products like T greens, Pro greens, spirulina and chlorella.

### **Essential Oils**

Omega 3 and 6s are good oils. One comes from animal/fish, the other from vegetables. They help form many important parts of the human body from the cell wall, hormones, prostaglandins etc. They are good for your heart and help in removing bad fats from your body with the correct diet, especially greens. Imbalances in them have been linked to learning and development disorders in children and can also lead to joint and muscle pain. We find taking omega 3 fish oils helps this type of problem.

### **Multivitamin/Mineral Supplements**

Most of us (adults and children) do not get all our nutritional needs. The reasons are many and it is recommended that we should all take a multi supplement. There are so many on the market of varying quality. Before going to your local shops to buy please speak with your chiropractor so they can advise you appropriately.

### **Probiotics**

Your body should have friendly bacteria in the digestive tract and the female reproductive system. It forms early in life and babies receive a lot through breast feeding. Once you reach 2 years old your body will reach its maximum in the stomach so if you are lacking you can only gain it from supplements. More and more research indicates that friendly bacteria help protect the body and develop the immune system. They are very important in digestion and keeping the gut healthy. Some sources suggest that it could protect against cervical cancer, MRSA and lack of it in children may be linked to allergies and flat feet.

### **Water**

Our body is made up of 80 % water and this is essential for all normal chemical processes that occur in the body. We lose water through breathing, from our skin and from using the toilet. It is important that we put it back. Many believe that most adults are dehydrated and it is recommended that adults drink 2 litres of water a day. (in addition to hot drinks!)