



WHAT IS NUTRITIONAL CONSULTING?



You may be wondering what a nutritional consultant does and whether you could benefit from these services. Let me explain to you about the process of nutritional consulting.

By definition, a Nutritional Consultant is *“a trained professional who evaluates possible nutritional imbalances and make suggestions for specific food and/or supplements to maintain overall, general health.”*

At Joy of Health, I use the Advanced Nutri-Body® Analysis to make the initial evaluation of possible nutritional imbalances. This questionnaire asks over 750 questions about physical and emotional symptoms. Each symptom has been documented by scientific study to be related to a nutritional imbalance, whether a deficiency or an excess. You complete the questionnaire and rate each symptom according to intensity or frequency.

The more often or more severe a symptom is experienced, the more likely there is a need for dietary changes. The Nutri-Body® takes into account how we are all different nutritionally.

Completing a Nutri-Body® questionnaire takes approximately one hour. This is time well spent as it helps you remember symptoms you may have forgotten, it helps you make the connection between symptoms and nutrition, and it teaches you to listen to your body. If your body could talk, it might be saying, “Hey you, pay attention here! Something’s not right and I’m not feeling too great. Could you make some changes to help me out please?”

Once the questionnaire is filled in and the analysis has been completed, results are provided to you in printed format. There are several pages of information – a lot to absorb – and this printout allows you to take the information home, re-read it several times, and fully digest the data.

The next step is recommendations to maintain overall, general health. This boils down to education.. While I may make suggestions for supplements, my emphasis is on educating you on healthy eating using whole, natural foods. This means learning the basics about proteins, fats, carbohydrates, vitamins and minerals, and making connections back to the results from the analysis. I provide you with recipes, cooking instructions, and even meal planning so you can get the nutrients you may be lacking. You receive the benefit of my eight years as a nutritional consultant and my three years as an instructor in nutrition at the Toronto School of Homeopathic Medicine (London Campus).

Did you know there is a completely natural sweetener that adds no calories! Do you know which fats are essential to health? What foods do you eat that provide these fats? Do you recognize the following healthy foods: spelt, kamut, quinoa, buckwheat, mung beans, hemp hearts? Would you like to know how to incorporate healthy foods into your daily eating habits using tasty recipes?

I can help you sort through the maze of healthy food choices with practical advice that you can use daily. I take you through the changes slowly so you have time to adjust and practise without feeling overwhelmed. I’ll even accompany you to the grocery or health store so you’ll feel comfortable selecting exactly the foods you need.

So what’s preventing you from experiencing the Joy of Health?

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Advanced Nutri-Body® Analysis – Sample Questions

Do you experience any of these symptoms? What do you need to rebalance?

- Rough, dry, flaky or scaly skin.
- Eczema, psoriasis, dermatitis.
- Dry or gritty feeling in eyes, dry tear ducts.
- Dry. Lifeless, or brittle hair, split ends.
- Brittle or cracked nails.
- Dry mouth, throat, mucous membranes.
- Wounds or injuries heal slowly, poorly.
- Bleeding gyms, easy bruising.
- Frequent colds, infections, sickness.
- Depression, lack of motivation.
- Forgetfulness, short attention span.
- Premenstrual syndrome.
- Difficulty getting pregnant or carrying to term.

Advanced Nutri-Body™ Analysis – Sample Printout

Macronutrients (A)

A1 - Water



A2 - Fibre



A3 - Essential Fatty Acids



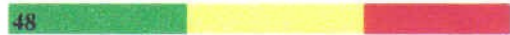
A4 - Protein



A5 - Lysine



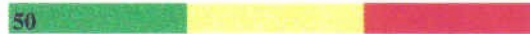
A6 - Methionine



A7- Phenylalanine



A8 - Tryptophan



Digestive Imbalances (B)

B1 - Low Stomach Acid

Macro Minerals (D)

D1 - Calcium



D2 - Magnesium



D3 - Potassium

D4 - Iron

D5 - Manganese



D6 - Zinc



D7 - Sulphur



D8 - Silicon



Micro Minerals (E)

E1 - Iodine