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NUTRITION

Undoubtedly this is the most important modality of all - remembering the old adage “you are what you eat”. What you eat determines what building materials are available to your body for growth and repair.

You might feel the rule doesn't apply to you because you consider yourself healthy even though your diet is poor. Well, I'm here to tell you that while you might get away with it for a while, eventually your body will pay the price for lack of proper nutrients and an overload of toxic wastes.

In order to be healthy, our bodies need good nutrition for the many and varied functions required to maintain such a complex machine as the human body (and the same applies to our pets). Our bodies require protein for growth and repair; healthy fats/oils; vitamins, minerals and trace elements—and, of course, clean water.

So while you may need help from many other modalities (herbal medicine, homoeopathy, massage, etc), good nutrition is the foundation of good health. You can take all the supplements you like, but they will simply be band-aid treatments without a foundation of good nutrition.

Remember: “You are what you eat”.

- Carole Bryant ©