

# What is a Natural/Holistic Nutritional Counsellor?

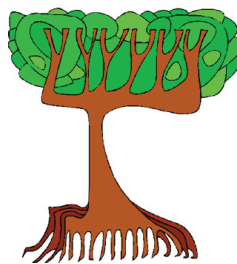
Natural or Holistic Nutritional Consultants take the approach of looking at the whole person, not just a part or two. They take into account emotional, physical and situational aspects.



Their efforts are based on the fundamental notion that all the various parts of a person are connected and therefore interrelated.

Because every client is considered to be unique and individual, there is no one-size-fits-all approach.

The key is to uncover the root cause of an imbalance and help direct the body to heal itself.



An experienced practitioner will be able to provide clients with ample options and guidance such that the path toward optimal health is not too overwhelming but can fit comfortably within the individual parameters.

Education of the client is of primary importance.

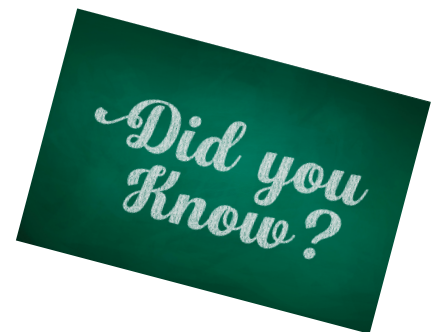
Efforts concentrate on preventing poor health or reestablishing good health and catching imbalances in the early stages, but diagnosis and treatment are not part of the accepted Scope of Practice.

In short, this is a practical approach focusing on food choices and supplement suggestions, expressed in terms that any client, regardless of knowledge level, can easily understand.

**Natural/Holistic Nutritionists catch health as opposed to chase disease.**



Tools of the trade centre on whole, natural foods and supplements without harmful additives, colour and preservatives, with an eye on environmentally sound alternatives.



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