

Nutrition and Homeopathy

by Francesca Sinclair Taylor

RSHOM, PGDIP NUTRITIONAL THERAPY.

MBANT.

Nutritional Therapy is a scientific discipline which helps the individual design a nutrition programme using effective eating, food and food supplements for the promotion of health and the prevention of disease. This is achieved by making sure the body has all the nutrients required, in the correct balance to promote absorption, eliminate toxins and enhance self-healing.

Our nutrition can largely determine how we look, feel and work and whether we stay young for longer or whether we age prematurely. The food we put into our bodies can fall into the category of nutrient or anti-nutrient, and unfortunately many modern foods can do more harm than good when eaten on a regular basis. These foods become termed “anti-nutrients” if they prevent the beneficial nutrients from being properly absorbed. Man made chemicals and pesticides, certain medications, alcohol, cigarettes, fried foods and barbequed foods all can fall into this category, the latter because the burning caused free-radical damage to our cells. Many modern medicines can act as anti-nutrients by irritating the gut wall and making it more permeable. Aspirin falls into this category. If we are absorbing sufficient quantities of good, nutritious foods and clean water then free radical damage is limited naturally by the body’s ability to de-toxify itself.

However, when we develop symptoms which don’t go away on their own, whether emotional or physical, it is an indication that the natural healing ability of the body is under-functioning. Homeopathic remedies stimulate this healing energy to do its work much faster, but if the body is undernourished in terms of micronutrients (vitamins and minerals), then this task can be much harder and take much longer or be incomplete.

For example, if someone visits the Homeopath for digestive disturbances such as Irritable Bowel Syndrome, the prescribed Homeopathic remedy may initially help with the emotional state, or stress that is contributing to the

condition, and may go some way to relieving the physical symptoms as well, but if the person is not properly nourished then these symptoms will just return and a further remedy may cease to act. This is because the soil on which the remedy is sown is too depleted to support its action.

In the current world, as a result of intensive farming methods and industrial pollution, the soil in which our food is grown has become depleted of the essential vitamins and minerals which used to be present 40 years ago or so. This means that these nutrients are also depleted in the vegetables grown there. It is now quite difficult, even when you know what you are doing, to ensure that sufficient micronutrients are absorbed in the correct quantities.

The extent to which we eat processed, “man made” food is the extent to which we are not taking in food that can nourish the body and help it to grow and heal itself efficiently. Many believe this is part of the cause of the rise in cancer and chronic ill health in western society. People who eat a more “primitive” diet tend not to suffer from the same chronic conditions. There is very little health benefit to be gained from a packet of crisps!

Nutrition is always in the media and headlines can regularly make confusing and contradictory advice for those who may be concerned with their diet, for reasons of health or weight control.

The answer is to try to eat organic vegetables and fruit, try to avoid all refined carbohydrates (white flour products, white rice etc), eat whole grain cereals (brown rice, quinoa, millet, barley, oats), eat organic fish if possible and organic meat sparingly and to add pulses such as lentils and chickpeas for protein to the diet as well as fish, white meat, eggs and cheese. Some supplements are also sometimes recommended for optimal health, especially essential fatty acids. However, nutritional requirements vary and are influenced by a number of factors, including age, sex, medical history, lifestyle, and our inborn metabolic idiosyncrasies.

Every person is a special case and the Nutritional Therapist aims to understand and address your individual needs.