



THE ROAD TO HEALTH & WELLNESS

HEALTH TOPIC OF THE WEEK

1/29 - Functional Nutritionist vs. The Other Guys

Introduction

The word functional has become trendy over the last decade. By definition, it means practical or useful. So how does the word functional translate to nutrition and why is it such a big deal that all EPT trainers are also certified as functional nutritionists? This week's health topic will help explain.

We urge you to take nutrition very seriously. There is a reason why we all have additional certification in this field. For best results, exercise must be coupled with good nutrition. And there's WAY more to nutrition than you might think! Besides the physiological aspects of nutrition, your trainer can discuss areas such as personal triggers, emotional eating, behavioral strategies, and psychosocial aspects.



What's the Difference Between a Physician, Dietician, General Nutritionist, and Functional Nutritionist?

There are exceptions, but the following examples are typical:

Physicians treat or manage diseases by prescribing medications. Dietitians or general nutritionists make nutritional recommendations to treat or manage diseases. Functional nutritionists take a more holistic approach. They treat the entirety of the individual and all issues leading to the symptoms elicited by the current disease.

Let's look at hypertension [high blood pressure] as an example. A physician will typically recommend lifestyle changes and prescribe medications such as beta blockers, calcium channel blockers or ace inhibitors.

A dietitian or general nutritionist would likely make specific recommendations such as a low-sodium diet.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Functional nutritionists do not simply suggest lifestyle changes or recommend a low- sodium diet. Instead, they would point out that you haven't always had high blood pressure. They would address the issues that have caused it, such as increased visceral fat, excessive weight gain, stress, lack of exercise and diet.



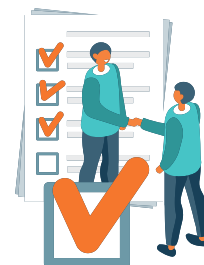
A functional nutritionist would then prepare, implement and oversee individual plans that are designed to work with your body and lifestyle to address the underlying changes that are needed.



What Conditions can a Functional Nutritionist Help to Manage?

A functional nutritionist considers the needs and goals of each individual. Taking a holistic approach, they customize a plan that accounts for food allergies and sensitivities, likes and dislikes regarding food, eating habits, exercise regimes, lifestyle, and medical and mental status.

A functional nutritionist can help manage a multitude of issues, including digestive/gut problems, nutrient deficiencies, sleep disorders, autoimmune issues, obesity, metabolic syndrome, eating disorders, pain management, and mental health areas such as anxiety or depression. Along your nutritional journey, plans will change as issues resolve or new ones arise.



What are the Advantages of a Functional Nutritionist?

The power of working with a functional nutritionist is not a one-time victory. Look at it as a dynamic and continuous journey that evolves as your health changes and improves. You will experiment with different foods and learn to understand how your body processes, reacts, and responds to specific foods so that you can support your digestion, immunity, mental and physical health.

Your primary care doctor or even a general nutritionist will probably not be able to provide you with the right assistance to holistically improve your health through food choices. Functional nutritionists are uniquely qualified to teach you how to use the right kinds of nutrient rich, whole foods to realign your relationship with food!



Bottom line

You must eat every day, so why not maximize the impact that food can have on your mental and physical well being?

Better health. Better mood. Better brain function. Better results from your gym workouts. Better decisions about foods that properly fuel your body and brain. These are all excellent reasons to pursue functional nutrition counseling with your trainer at EPT. Give us a call for more details.



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