

# MY NUTRITION

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Welcome!

Functional nutrition is the foundational awareness between proper digestive physiology and diet and lifestyle of individuals. It focuses on making diet and lifestyle shifts based on understanding what may be malfunctioning, digestively, in the body, and what might be triggering that malfunction.

One of my favorite functional medicine/nutrition doctors, Mark Hyman, MD, says:

**The number one medicine for my patients?**

**FOOD!**

**If I could find something better, I'd use it.**

Food is undeniably important; however, understanding how the digestive system interacts with these foods is also key.

In this course, we'll focus on knowing where digestive organs are situated in the body, what happens physiologically when we eat and finally, weaving these 2 together to enhance your food and lifestyle decisions.

## **Why is the digestive so important?**

The digestive system has one of the most important jobs in the body; giving life energy (nutrients) to every single cell in each organ and muscle to allow them to work every single second of the day.

## **Why is proper nutrition important?**

The nutrients we need to fuel our bodies comes from the foods we eat. Eating whole, non-processed, non-gmo colorful nutrient-packed foods enables our bodies to walk, run, jump, be creative, think—everything that we do on a daily basis.

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### Why digestion and nutrition work together

If we do not get proper nutrition or if our digestive system isn't functioning properly—or both—we can feel tired and even suffer from numerous illnesses, including both mental and physical diseases.

Understanding the connection between what foods we eat and how our bodies process these foods will ultimately guide us to a food-body awareness - do I feel good or bad after I eat - and how this will effect our daily lives.

Addressing both nutrition and digestion can possibly lead to the prevention of and possible elimination of long-term chronic illnesses.

A fellow colleague, Andrea Nakayama, says, "You are not what you eat, but what your body can do with what you eat."

So congratulations for taking the time to learn about this! Your body will appreciate it!

If you have any questions, send them my way. You can reach me at [drheather@drheathernd.com](mailto:drheather@drheathernd.com).

Enjoy!

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