

**UNIDAD EDUCATIVA PARTICULAR JAVIER
BACHILLERATO EN CIENCIAS**

**MONOGRAPH
“HOW HOLISTIC NUTRITION WORKS IN HUMANS. ITS BENEFITS AND
RECOMMENDATIONS.”**

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Gratitude

I want to thank God for giving me the opportunity to learn about this interesting subject that I will talk about, my parents and grandparents, for never leaving me and always supporting me in what I love most, my teachers, who teach me every day, and finally myself, for being able to embrace this project.

Summary

The following monographic research work contains a meticulous analysis of the holistic nutrition. It is a kind of wellbeing that is centered around eating yourself more beneficial—and there's another sort of nutritionist advocating it also. To begin from the rudiments, everything starts with eating entire nourishments, for example ones that you find in nature.

Most just expressed, all-encompassing sustenance is recuperating with entire nourishments. In any case, it's something other than that—the idea has extended to incorporate another lifestyle, crossing over "old intelligence with present day learning," and it influences us profoundly, rationally, and physically. It's an ideal opportunity to perceive how a couple of little changes can have a major effect on your general wellbeing.

It builds vitality and core interest. Keep in mind when I cut out prepared nourishments and did a Whole 30 a year ago? All things considered, this is a result of this that I am a firm devotee that eating entire nourishments makes our bodies run better and gives us more vitality. Be that as it may, for what reason do our bodies ache for clean eating? Nourishments that are not adjusted, stripped, or refined in any capacity ... our bodies realize how to separate them and use them for most extreme vitality and potential.

Your psyche is comforted. In spite of the fact that keeping your body solid is a need, so is finding a psychological and profound quiet, particularly with every one of the anxieties we manage consistently. Since such a significant number of illnesses are connected to passionate burdens, similar to outrage or stress, by improving the eating regimen, you can improve the temperament. This, thusly, encourages individuals to adapt and much ace issue that come their direction—making them more joyful and increasingly ready to live well.

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Introduction

The task presented in this document corresponds to the monographic research work related to *How holistic nutrition works in humans. Its benefits and recommendations*. The purpose of this monographic research work is to use wholesome instruction as an essential device, comprehensive sustenance experts underscore the structure of wellbeing and sickness chance decrease by moving toward every individual as an exceptional person. This requires completely captivating the person in her wellbeing recuperation procedure and respecting her natural insight by working in an enabling and agreeable way to outline a course to ideal wellbeing.

Rather than concentrating on only one part of the individual, or taking a one size fits all approach, all-encompassing nourishment assesses the total wellbeing history, enthusiastic state, way of life propensities and current eating regimen propensities for a person to decide the underlying driver of their medical problems.

Here are only a portion of the issues comprehensive nutritionists help with: skin break out/skin conditions, yearnings, wretchedness/state of mind/satisfaction, detoxification, dietary changes/nourishment sensitivities, illness aversion (for example malignant growth/osteoporosis/joint inflammation), hormone issues, low vitality/weakness, rest issues, weight reduction.

From that point, the objective is to engage and instruct the customer into improving their wellbeing with the utilization of supplement thick nourishments, characteristic supplementation and way of life suggestions.

It's difficult to be propelled when you're depleted, lazy and simply need to lie on the lounge chair you're so worn out. At the point when your vitality is off, it's even difficult to center. Regardless of whether you wake up with weakness, or feel scarcely invigorated by 7pm at night, you have the right to feel superior to that. On the off chance that you are truly inadequate with regards to vitality, we'll help you make sense of what you're missing so you can return to the lively individual you realize you are.

There's nothing more regrettable than awkward stomach related issues. Maybe your doc has disclosed to you it's IBS, a catch-just for unexplained stomach related problems or perhaps you wonder in case you're in any event, processing your nourishment appropriately. Upset stomachs, obstruction, gas, GERD and feeling so enlarged you feel pregnant can leave you feeling quite terrible. We have answers to the underlying driver of your stomach related issues.

In the following three chapters that are part of my monographic research work, the bases of holistic nutrition and everything that benefits us are exposed.

Word count: 400

Chapter I

Holistic nutrition

1.1 What is holistic nutrition?

Holistic nutrition completely changes the paradigm of conventional nutrition. "Holistic" means that it considers something as a whole. One of its main aims is to heal the person in treatment in all senses of his life, not only in the food field. It also consists in eat all kind of greens, raw food and fruits.

To apply this type of living you have to left behind every type of conventional idea that you used to have. It is necessary to let go those thoughts and get new ones. It is all about balance in life. Holistic nutrition is within the reach of anyone who sets out to change their life, not just their diet and make a radical change in their day to day. Holistic nutrition is not based on diets, as it is a nutritional system.

The pillars of a good holistic nutrition are: nutrition, hydration, rest, mental attitude and emotional balance, our social relationships and last but not least, what the Earth gives us: the sun, the earth, water and air. It also recommends the consumption of healthy foods, free of chemicals, fresh and seasonal. This type of nutrition contributes to the needs of the body, mind, and spirit.

None is more, none is less. We are one. To truly change and heal from within, we must accept our mistakes and bad emotions we have had toward ourselves. It is also about accepting ourselves, cultivating acceptance of those around us and learning every day to be better.

According to Waller: *"For us to be truly healthy we need to change the world, and for this to come from a balanced, holistic perspective"* (Waller, 2018, p.xiv). To get away from all the paradigms of nowadays. Waller also talk about his book because he says that: *"Deeply Holistic contains directions and explanations for holistic/natural self-care"* (Waller, 2018, p.8).

1.1.1 Myths and truths about food.

- **Myths:**

Some foods lose weight: All foods provide calories, one more than others. Our body assimilates certain foods different from others, the important thing is to find the balance between intake and energy expenditure.

Carbohydrates gain weight. Carbohydrates are a necessary source to recover the energy we spend.

Protein is only found in foods of animal origin.

Vegetable foods also provide us with a large amount of protein, such as grains and beans.

- **True:**

Sugar is the most addictive drug we can consume.

It is 8 times more addictive than cocaine, and we find it today in most food industry comes. Although there are more organic and natural ways to sweeten our food like Stevia or panela, our body is so wise that it reacts to candy almost equally.

The best way to sweeten is with dates, since they come from the earth.

Eating real foods assures us health.

Any food that comes from the earth, without having been manipulated by an industry, is perfect for our health.

In addition, we must know that eating less will help our digestive system, as Ehret said : *"I could not take up again what I firmly believed and had proven by actual experience, that fasting (simply eating less) was Nature's method of cleansing the body from the effects of wrong and too much eating."* (Ehret, 1922, p.10)

1.1.1.1 How does holistic nutrition works in myself.

Many people take it for granted that strict diets will be long-term and that our bodies will receive them openly. This is where we find the truths and myths about food and all the misconceptions that often put us to get something easier. 83% of people who resort to strict diets return to their normal weight. Another big lie is that eating some foods on an empty stomach burns fat, or eating at night fattens, all this is a misconception to get something that will not last or healthy for our body.

"Our basic needs for the body include sufficient clean water and wholesome food containing all the nutrients we need, good-quality air to breath, and the right amount of exercise and movement. For our minds, hearts, and bodies, we need meaningful work and joyful play, with a good balance between the two: right relationships-loving closeness with other humans." (Waller, 2018, p.5).

The real way to lose weight and live a balanced life is to increase all the nutrients and macronutrients necessary to our daily diet. Put aside the processed food that our body doesn't really need. We have to be conscious at mealtime and ask ourselves if our body really needs that food and what positive or negative function it will give to it. Nutrition works in my body as a means or a way to keep the same young and healthy, not related to what is aesthetically but derived to health.

What you eat in a certain way affects your behavior. When you are clean inside, it is impossible not to radiate it to the outside world. Society lives to eat, when it should be the opposite, to eat to live. Most of the food of civilization is digested too slowly in our organism, therefore, we tend to supernatural and eat more than we should, leaving the balance of true nutrition aside. This type of food approaches digestion as the main source of help, since the increased foods in this diet are easy to digest.

By leading a healthy life, you can achieve maximum energy levels, as well as excellent physical and emotional health. Holistic nutrition helps you to focus more, to be more focused, to make better choices in any area of your life and to put insecurity aside. We must also bear in mind that we are not all in the same mental and physical situations, but this nutrition is organic, which is why it is effective. Pip Waller (2018) in his book *Deeply Holistic* says that: *"The nature of the ego/mind is that it can't stand mystery and wants everything to be solved."* (p.4).

This not only helps you in the nutritional field, but also in everyday decisions and helps you to be a safer person. Your body does not lie, what is outside, is inside, knowing the energy we have, the strength we put and everything we do, our actions. You are what you eat. Human beings

should consume living cells, not dead cells, because in the long run it leads to a short life. If we want to be our best possible version spiritually, physically and mentally, we must be aware of everything and every step we take.

We have to fill ourselves with life and life is found in what the Earth gives us, fruits, vegetables, etc. We are not questioning anything, however, if we begin to experience things yourself, you create your truth and many things that have been imposed on you are wrong, and from there comes ignorance. You become much more selective with food when you become conscious, your body awakens the sense of seeing what is good for you or bad for you. Listen to your body. Ehret (1922) in his book *Muscleless diet healing system* affirms the next thing: *"That diets alone can heal every case of "disease" without fasting, although such a cure requires longer time. The System itself will be expounded in later lessons". (p12)*. Eating in the right way we can see positive changes in ourselves. But we need to be smart and patience when we feed our bodies.

Mainstream medicine can sometimes miss the fact that poor nutrition can be one of the major contributors to a wide range of health issues. Most of us are aware that healthy food has many benefits for our health and well-being, however the volume and range of conflicting information in the media is often overwhelming and confusing. (Kilgour, 2016)

Words count: 1,309

Chapter II

The Human Being as a Whole

2.1 Reinventing nutrition: whole food for body, soul and mind

2.1.1 Nutrition from a damaged point of view.

Although the biomedical approach to nutrition has increased our knowledge of food, it also has created confusion and anxiety on the part of the general public. Good nutrition is getting a bad name, one that smacks of rigidity, guilt-making and extremism. People think foods are inherently good or bad that every single bite they take represents an all-or-nothing choice either for or against good health.

This confusion is fueled by epidemiological research that emphasizes the association of certain foods or components of foods with mortality and disease.

Satter (1999) affirms: "Almost every day some new bit of research scares us about what we eat and sends us off on another tangent in search of a magic potion to keep us healthy" (p.51). These findings are frequently invalidated by confounding factors and are often contradicted by subsequent studies. First we are told to eat margarine and not butter, and then we are told it may be healthier to eat butter.

Eating pasta was supposed to make us all thin—now we are told it is making us fat. Salt has long been condemned as a cause of hypertension, yet some studies suggest it may have little bearing

on blood pressure, and other studies even suggest an association between reduced salt intake and increased mortality.

The result of this ongoing onslaught of conflicting information is a population obsessed, confused, and anxious about food and increasingly skeptical of the credibility of health professionals. In a recent survey reported in the Journal of the American Dietetic Association, 70% of respondents thought that Americans are obsessed with the fat in their diet and that the government should not tell people what to eat (Drewnowski, 2001). Furthermore, there is growing evidence that this obsession, confusion, and anxiety is contributing to more serious consequences. Recent national data show that 50% of teenage girls are undernourished. Many are so scared and confused about what to eat that they are eating too few calories and exhibiting potentially serious deficiencies in nutrients such as calcium, iron, vitamins A and B12, magnesium, zinc, and copper.

2.1.2 Holistic intervention.

A holistic approach to nutrition does not exclude the usefulness of science-based dietary guidelines. Yet for many people, nutrition guidelines and prescriptions may not be the highest priority. With so many people anxious about their relationship with food, there is often an urgent need to first help people rationally and intuitively wade through the hype and confusion surrounding issues of eating and nutrition in this culture.

By incorporating this expanded, holistic framework, health professionals can help to put nutrition into a more reasonable and accurate perspective by acknowledging that, by incorporating this expanded, holistic framework, health professionals can help to put nutrition into a more reasonable and accurate perspective by acknowledging:

Although we would all like to believe that changes in diet and lifestyle can greatly improve our health (...) with a few exceptions such as smoking cessation, many if not most such changes will produce only small effects. And the effects may not be consistent. A diet that is harmful to one person may be consumed with impunity by another. (Kassirer, 1994, p. 190)

Our conceptualization of nutrition must go beyond the traditional focus of limiting the intake of “unhealthful” foods and promoting the intake of “healthful” foods to avoid disease. Incorporating a more holistic perspective can empower individuals to learn from their body’s own internal signals about what and how much to eat to meet their needs on all the different levels of nourishment. This can go a long way toward relieving people’s confusion and anxiety regarding constantly changing “expert” opinions about what foods to eat and not to eat. Our understanding of the relationship of food to health and disease must be reconsidered in light of this broader perspective. Holistic nutrition recognizes the important impact that food choices have on psychological, emotional, and social, as well as physical health.

2.1.3 Body, soul and mind.

Ditch the fatigue, brain fog, weight gain, chronic pain and more by using food as medicine, and putting your body back into balance with holistic nutrition.

Although eating a healthy diet that includes plenty of fruits, vegetables, and whole grains is essential for preventing a wide variety of illnesses and diseases, good nutrition has an impact on nearly every aspect of your life.

- Increased Energy and Alertness

Food is fuel, and nutritious food fuels your body's systems and increases your energy level. Because your organs depend on healthy food for proper functioning, a well-balanced diet optimizes brain function, increasing your alertness and improving memory and processing.

- A Healthy Weight

Maintaining a healthy weight is essential for preventing disease and keeping your bones and joints in good condition. A healthy diet, paired with regular physical activity, helps keep you trim to promote overall wellness.

- Better Digestion

As we age, digestion problems become more common. Consuming whole grains, fruits, and vegetables ensures you're getting enough fiber, and it promotes overall good digestion. A nutritious diet should also include plenty of water to keep things moving.

- A Happier Mood

Healthy food goes a long way toward improving your overall mood. Foods high in fat and sugar leave you feeling sluggish and can impact your sense of wellbeing. Your brain doesn't operate optimally without the right fuel, and good nutrition has a major impact on brain function, affecting your mood and emotional wellness.

- Making Small Changes for Big Results

Making small but meaningful changes in your diet leads to healthier eating habits as a long-term lifestyle choice. Drink more water, and buy more whole foods and fewer processed items. Sneak

in extra fruits and vegetables wherever you can, and choose lean cuts of meat. Enjoying your food is important, so try experimenting with herbs and spices, which also pack a nutritional punch. Most of all, stay mindful of what you're putting in your body, and make healthy choices whenever you can.

2.2 What to think about the new controversies of the 21st century

You are what you eat – or you are what you believe?

The single most cause of stress in our lives surrounds food. There is more information on healthy foods and healthy eating out there on the Internet than we can possibly digest!

We have a love – hate relationship with food. We put ourselves through amazing struggles over it, and food often becomes the enemy. Food, of course, is not the enemy, but how we chose to view it.

Food should bring us enjoyment and nourishment, and instead, because of our stressful lives we turn it into a huge source of anxiety.

Food becomes an addiction because the very thing you try to deny that you want, you end up thinking of all day long! Food! Why am I hungry all the time? How will I keep myself from eating? How will I make sure I get the exact amount of this nutrient and that nutrient?

Maybe I'll just take 20 vitamins a day and I'll stay healthy despite what I eat! Then I can eat whatever I want! Yes, that is healthy eating!

Food becomes the enemy because we don't understand the connection of our body-mind-soul and how we use food as a substitute for love, and more specifically self-love.

Without our body-mind-soul connection food becomes an addiction. Especially and specifically sugar and salt-laden foods become an addiction. There is no question about it. Add stress and a sedentary lifestyle and the combination becomes lethal. Then healthy eating becomes a mere fading light in the horizon.

How many of you gorge yourself with green peppers, tomatoes, carrots and celery when you are frustrated, lonely and depressed? Fruit, maybe, but vegetables? Unless it is high-glycemic potatoes, loaded with butter and sour cream or worse, potato chips, which don't even come close to healthy eating.

You can tell the high-glycemic foods, even fruit and vegetables, because they taste sweet! Really taste carrots sometime or plain white potatoes or winter (yellow) squash, and you will notice they taste sweet.

Many people are surprised to find that carrots have a higher glycemic index than lot vegetables. But because they are low in calorie density (higher in water content) and contain nutrients, they are a much better choice than cake or cookies and other higher-glycemic and calorie dense foods.

You gorge yourself with calorie-dense, sugar-laden foods because you are craving the chemical in your brain that is lacking that sweets provide. This chemical is called serotonin and it will actually make you feel better. Serotonin is one of our bodies natural feel-good chemicals called endorphins.

If you were connected with your body-mind-soul you would not be lacking in serotonin. This addiction to sugar will not change until you address your soul issues.

Emotional eating will never change until you recognize that it is not food you crave. Please read "Why We Overeat" to further understand this most important issue. Healthy eating will become a natural thing if you understand your soul issues.

If you are young and overweight, you can perhaps more easily make the emotional changes to heal your body-mind-soul, than if your patterns of behavior are deeply ingrained in you.

If you are older and you are overweight, you will have to make deep soul changes in order to start loving yourself enough for healing to begin and for you to make healthy foods and healthy eating a part of your life.

Words count: 1,587

Chapter III

The Implementation of the Holistic Nutrition in the Human Life

3.1 The Implementation

As the years passed, holistic nutrition has been a way of life difficult to understand and comply with, as it demands and corroborates the balance of the mind, body and spirit of the human being in itself. At Southern Adventist University a group of students together with nutritionist and life sciences specialist Caitlin Hobbs started a project with students from the same university towards a lifestyle change called "Daniel's Fasting". This project consists of the students living a satisfactory experience and that it promotes new eating habits as well as the spiritual and physical growth of the integrators of this great project of vital improvement:

Step 1: Evaluate

Knowing how to effectively evaluate our students prepares us for immediate success

These instruments will help us to decree exactly:

- What our students need
- Where they are located
- How we can give them better support, today and later in time by being constant.

From the first session, both our students and specialized team are motivated and ready for the realization of the project.

Step 2: Advise

In Step 2, we show how we have been able to create a student-centered plan based on the assessments we conducted in Step 1, so that we can guide them through implementation in a clear, informative, and more importantly, way that they can begin to get immediate results.

3.1.1 The next question: how do you know if a program is working?

Step 3: Measure

We show our students how to track their progress through the project, gather, analyze the data we collect, and how to use it to move forward and prosper with the holistic food change plan.

3.2 The holistic diet

The diet as we know it is the most important thing that has to be carried for this great process, since this is one of the elements that makes possible that this process can be carried out with enough success, for this one it is necessary of much dedication and perseverance in order to be able to reach the required results,

Next we will explain what this diet integrates and how it develops:

- Does not require starvation
- It's flexible
- There are no prohibited foods or food combinations.
- Includes regular physical activity.

3.2.1 What is the diet like?

1. Watch for variety.

A diet, in order to be sufficient and balanced, must include:

Carbohydrates: are an essential source of energy for the body. It is advisable to consume high fiber (legumes, whole grains, vegetables, fruits ...). With 4 cal/g, they should provide between 40% and 48% of the total daily calories.

Proteins: these are the pillars that make up our tissues. We recommend those that can be found in fish and seafood, lean meats, eggs, skimmed dairy products...With 4 cal/g, they should provide 15%-20% of those ingested per day.

Fat (minimum quantity). The body needs it to reproduce hormones, catalyze vitamins and maintain defenses. Look for omega-3 fatty acids from blue fish and nuts; monounsaturated fatty acids from olive oil.

2. Rich in vegetables.

Have a minimum of five daily servings (400 g) of fruit and vegetables a day. With lots of volume and full of protective nutrients, they are our best allies against hunger attacks, the fight against kilos and free radicals.

One idea to incorporate them in the diet is to fill half of the dish with vegetables and fruits and complete it with some protein (poached egg, grilled fish, lean meat, fresh cheese ...) and hydrates rich in fiber (whole grain bread, a tablespoon of beans, a little brown rice ...).

3. With "good" fat.

The monounsaturated fats in virgin olive oil, blue fish and nuts help us keep cell inflammation at bay, reduce LDL cholesterol levels (the one that clogs the arteries) and increase HDL levels (which keeps them clear). To prevent risks, eliminate processed foods that include trans fats, choose lean pieces of meat, choose better skimmed dairy, minimize the use of animal fats for cooking (butter, bacon, cream ...) and remove the skin of chicken and other birds.

4. Full of fiber.

Fiber and water are two great allies in the fight against excess weight, because they add volume to the dish without adding calories. There are two types of fiber: soluble and insoluble. The soluble (fruits, vegetables, legumes, nuts, bran oats, barley ...) retains water and becomes a valuable gel that helps maintain the intestinal flora and reduces the absorption of fat by the intestine. In turn, the insoluble (wheat bran, whole meal flour ...) has great dragging capacity and fights constipation.

5. Full of micronutrients.

A diet that includes a variety of fruits and vegetables, legumes, fish and seafood, whole grains, nuts, skimmed dairy products, lean meats, even spices, provides all the vitamins, minerals and antioxidants the body needs. Numerous studies have shown that these nutrients present in foods have a synergistic effect that is greater than the sum of their parts. Although there are specific situations (chronic stress, exhaustion, overexertion) that do require supplementation.

6. With rest assured.

The relationship between sleep and weight has a lot to do with two hormones that the body secretes while we sleep: ghrelin (appetite hormone) and leptin (satiety). When we suffer from

sleep deficit, ghrelin levels increase and leptin levels decrease, so we tend to eat more. "In general, we need between 7 and 7.5 hours of sleep a day.

3.3 The Meditation.

As we know at the time of doing the meditation exercises this helps us to know ourselves better, raising our inner vibes to the top, creating the attraction of love with our spirituality to improve the vibes of this world. This has also been practiced for thousands of years to achieve enlightenment and try to understand in a satisfactory way the universe.

The range of benefits of meditation is very high and is comprised of the following:

- Reduced growth of cancer cells
- Relief from depressive states
- Increased cognitive capacity
- Improved immune system response
- Reduces blood pressure
- Helps to rest and relax our mind
- Has positive effects on the telomerase molecule
- Improves and facilitates sleep quality

We can note that "a through meditation we have the power to change our mente" (Sofia Alcausa, 2019 , p.1).

In addition, " physicians refer to the "holistic" approach as the most cutting-edge in medicine, an approach that considers the whole human being. " (Marisol Guisasola , 2012, p.1).

We can affirm that " Meditation has been practiced for thousands of years as a path to enlightenment and a better understanding of the universe. " (Naturisima , 2017, p.4).

Word count: 1,104

Conclusions

At the end of this monographic work it is concluded that:

- The way of thinking of all-encompassing nourishment is that one's wellbeing is a statement of the mind boggling interaction between the physical and compound, mental and passionate, just as profound and ecological parts of one's life and being.
- In that capacity, experts who are prepared in all-encompassing nourishment approach wellbeing and recuperating from an entire individual point of view.
- Utilizing nourishing training as an essential device, all-encompassing sustenance experts accentuate the structure of wellbeing and sickness hazard decrease by moving toward every individual as a one of a kind person. This requires completely captivating the person in her wellbeing recuperation procedure and regarding her natural astuteness by working in an enabling and helpful way to diagram a course to ideal wellbeing.
- Holistic coaches offer among their services: diet and way of life assessment; good dieting habits; shopping visits and family feast arranging.
- Holistic nutrition coaches make you proposals for improving way of life, for overseeing pressure and arrange supper plans for improved weight, state of mind and vitality.
- Holistic nutrition coaches show classes on health and all-encompassing sustenance and exhort customers on fundamental wellbeing supplementation.
- They bring non-one-sided wellbeing and sustenance data to companions, neighbors, partners and the media. We teach people in general on the cost/advantage of eating natural nearby, new, plant-based nourishments. There is an incentive in taking quality dietary items to oversee constant nourishing inadequacies and toxicities related with way of life and ecologically related medical issues.
- Holistic nutrition completely changes the paradigm of conventional nutrition.
- A holistic approach to nutrition does not exclude the usefulness of science-based dietary guidelines.

- People think foods are inherently good or bad that every single bite they take represents an all-or-nothing choice either for or against good health.

Word count: 310

Recommendations

At the end of this monographic work it is recommended:

- Recognize that health and wellness requires a holistic diet full of whole foods, fresh water, sunlight, exercise, and plenty of rest.
- Coach and educate clients about the tools to achieve and sustain good health such as daily routine involving whole, nutritious foods, exercise, and adequate sleep.
- Recognize when it is necessary to refer a client to his or her primary care physician for treatment and/or diagnosis.

- Empower clients to achieve improved health, both today and for the future, through addressing any imbalances caused by improper nutrition, poor quality sleep, insufficient water, lack of exercise, fresh air, and relaxation.
- Educate clients to evaluate their lifestyle choices, to identify and change any potential causes of ill health.
- Create healthy environments, conduct educational activities and demonstrations, and support clients to reach their personal wellness objectives.
- Even if you reside in a state where you are not able to perform nutrition counseling unless licensed or exempt, you may still be able to provide general information about foods and supplements, methods of food preparation, nutrient data, and physiological mechanisms of action of dietary supplements to groups and/or individuals.
- Make a significant difference in the health of your clients through consultation, education, and empowering them to take control of their personal health and wellness.

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- Waller. (2018). Our basic needs for the body include sufficient clean water and wholesome food containing all the nutrients we need, good-quality air to breathe, and the right amount of exercise and movement. .
- Waller, P. (2018). The nature of the ego/mind is that it can't stand mystery and wants everything to be solved. En *Deeply Holistic* (pág. 4).

