

Comprehensive Nutritional Assessment and Intervention Services

At the *Alta Vista Chiropractic & Massage Clinic* extra services include personalized and comprehensive nutritional assessment utilizing scientifically validated assessment forms (from the RenaiSante Institute of Integrative Medicine) and detailed dietary journals.

Unfortunately, the typical North American diet and lifestyle contributes to many dietary insufficiencies and a complete nutritional assessment can be very beneficial. Even if it provides the peace of mind that no actual or potential deficiencies exist! However it can also reveal deficiencies, which is important since many injuries and illnesses have contributory or even causal relationship to dietary factors.

Nutritional deficiencies are contributing to the drastic prevalence of various chronic illnesses currently facing health-care providers on a daily basis. After a thorough assessment, corrective nutraceutical supplements and appropriate dietary modifications could be prescribed according to findings and personal health history.

A truly holistic approach to your health ensures that all potential casual variables are addressed, especially since nutrition is so important to all aspects of health.

Given the importance of nutrition, we pride ourselves on carrying only high-quality pharmaceutical-grade supplements at our clinic. Many common and popular supplements on the market are not optimized for absorption and may not allow for adequate absorption - in which case you are literally flushing your money down the toilet! Alta Vista Chiropractic & Massage Clinic clients can rely on us to sort through all the available products and provide them with the best quality ingredients and proper dispensary advice.

Interventions are evidence-based and include effective nutraceutical and homeopathic remedies. Although cases vary on an individual basis, often mere dietary modifications are sufficient to produce measurable improvements in health.

Please do not hesitate to contact us for more information or to book an assessment.