

# Nutritional Counseling



## The Natural Approach to Attaining Optimal Health

Modern medicine has removed nutrition from its repertoire. We believe that addressing nutritional needs and deficiencies is the key to attaining optimal health. Whether you're facing a known chronic condition or struggling to find the cause of symptoms that plague you, we can identify the source through diagnostic testing and then move you through the healing process.

At Pure Meridian, nutritional counseling is not only about creating meal plans; it's about addressing the root cause of your imbalances through:

- Dietary and lifestyle changes
- Herbal medicine
- Whole food nutritional products
- Flower essences
- Homeopathic remedies and other natural means

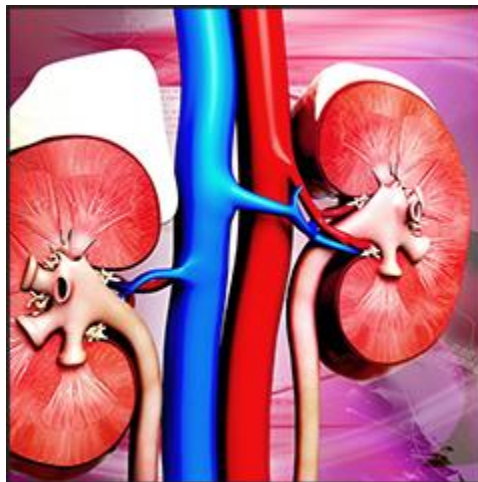
It's vital to understand that the healing process is just that—a process. Not only will it take time for your body to move through the healing pathway, it's an ongoing process. Only through that approach can you build and maintain a solid foundation of health.

## Our Application of Nutritional Counseling

Based on the results of your [Meridian Stress Assessment](#), we define your most stressed organs and work to detox and repair them so the body can move through the healing process—making adjustments as needed month by month.

### We help our patients:

- **Detoxify the body to establish a strong foundation.** Toxins stored in your blood and organs clog the body and hinder you from establishing a strong foundation. [Detoxification](#) is an ongoing process; toxins circulating in your bloodstream are removed first, but those stored in deeper tissues will take time. Only by removing toxins can you free up systems to operate optimally.
- **Identify what supplements your body is missing.** Based on your test results, we recommend a general food and exercise plan as well as a variety of [spagyric herbs](#) and other nutritional products aimed at addressing your areas of need. We only recommend the most pure, high quality products from professional companies because of their better standards so that they're suitable for anyone, including babies.
- **Reverse the degenerative process.** Toxins and poor nutrition cause inflammation and degeneration. Our recommendations are geared toward decreasing inflammation and reversing the degenerative process.
- **Address phenolic sensitivities.** Allergy desensitization, including food sensitivities and intolerances can be addressed through a [nutritional](#) and [homeopathy](#) [link to what are phenolics] approach.



Remember, guiding your body down a path of healing is an ongoing process. We encourage you to learn more about the basics of health and what you can do to achieve wellness in our education section.



***Call (610) 321-3668 to schedule your Nutritional Counseling appointment today!***

### Recommended links

- [The best medicine is free](#)
- [Understanding your poo](#)
- [Healthy shopping tips](#)