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How can nutritional therapy help? Although it is often used as a complimentary treatment with medication, nutritional therapy helps to maintain a healthy weight and healthy disposition.

What is proper nutritional therapy? The term "proper" has been used to clarify that like any other treatment; nutritional therapy can produce negative effects or be ineffective if used incorrectly, such as

- Ingesting too little, too much or too often of one substance;

- Ingesting something with ingredients you are allergic or intolerant to;

- Combining different products that may not be compatible.

How is nutritional therapy taken? Nutritional therapy primarily involves determining which foods provide the most benefit while eliminating the foods the create the most stress, additionally it includes supplementing various nutrients that either are lacking in the food due to environmental shortcomings or that satisfy the personâ€™s specific deficiencies.

There is overwhelming evidence demonstrating the need for good nutrition. For instance, recently the University of Minnesota has demonstrated that depression responds to simple amino acid therapy in thousands of cases with over a 90% effectiveness rate vs. the 29% effective rate for antidepressants. Amino acids are found in many foods like legumes and meats, but when the body has become too deficient over time there are simply not enough available amino acids in foods to correct some states of imbalance. Therefore, a supportive use of free-form amino acids can bring the body and mind back into balance in a very short amount of time.

We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are. â€“Adelle Davis

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