

Good Health Begins with Good Nutrition

AMERICAN SCHOOL OF NATURAL HEALTH, TAMPA

By Isabelle M. Simon – Board Certified Holistic Health Practitioner

Good health is a choice, not a chance! And good health begins with good nutrition. This has been my mantra for the last 14 years, since I started my practice as a Nutritionist & Holistic Health Practitioner.

I was born and raised in France, where we learn the basics of nutrition in grade school: how to combine our proteins, healthy fats, and carbs, and in what ratios for optimal fuel; we learn the importance of drinking water, the importance of eating vegetables and fruit, the importance of a good night sleep and an active lifestyle. We learn the importance of family and eat our meals as such around the dinner table, not in front of the TV.

The challenge in the United States is that not only do we not learn any of these health building

blocks at school, but our fast paced culture keeps us in a busy mode mind set. From a very young age, we are constantly rushed, only have 20 minutes for lunch, and do not take the time to eat a meal mindfully. Consequently, we do not pay attention to what's on our plates, if we even use one!

Last month, I shared some statistics that come from the CDC's website, which are relevant to quote again:

- **70% of meals eaten by North American are not nutritionally adequate**
- **90% of health conditions that exist today are diet related**
- **70% of all visits to Doctors are diet related**



The first two numbers show that you must educate yourself about food and nutrition in order to not only maintain but also regain your health. The last one is particularly concerning to me. American physicians are undertrained when it comes to issues of nutrition and health. The authority whom patients most wish to consult for information on health -- their physician -- "remains insufficiently informed about the role of diet in the prevention and treatment of disease", concludes a recently convened panel of US nutrition experts known as the Intersociety Professional Nutrition Education Consortium (its prime directive is to raise the level of nutrition education at US medical schools).

The report's authors point out that less than 6% of medical school graduates now receive adequate nutrition training. Despite the fact that the US Congress in 1990 mandated better nutrition education in all US medical schools, it remains inadequate.

Whether you are a physician, want to learn more about the heal-

ing powers of food and what nature has to offer, wish to incorporate this knowledge in your work for your clients or patients; whether you desire to change career, or simply want to help a family member regain his/her health using food and natural remedies as medicine, then the programs and courses offered at the American School of Natural Health (ASNH) in Tampa maybe what you have been looking for.

The ASNH provides natural health education based upon the European approach to natural medicine. Our goal is to offer unique, comprehensive and holistic programs in natural health and train competent, safe and passionate professionals. All programs have been carefully designed to incorporate scientific understanding of the human body with traditional, natural methods of healthcare. •

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- Has her own private Practice in St Petersburg, FL
- Holds 2 Masters degrees, both with honors
- Speaks English, French & Spanish
- Has published over 100 articles in health & wellness
- Her 1st book, "12 Steps to Optimal Health" is scheduled to be published by Nov 2014
- 14 years in the field

HER MISSION

Help her clients regain their health and quality of life using food as their medicine. Good health is a choice, not a chance.

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