

What could be the problem?

A great question I get everyday.

Here's some news I think you may relate to if you haven't felt well for a long time...

You are only what you eat IF, You can break it down, absorb it and then get it into the cells to create metabolic change in your body.

Otherwise you eat for nothing, it clogs and stagnates, stores and if your lucky, just comes out the other end.

Reasons people are unhealthy is no longer a mystery.

We must eat, chew, digest, absorb and use the little nutrients that our body needs to Function.

That's why I love Functional Medicine. I get to evaluate how each person uses the food they eat, and all the things that might be getting in the way of that, which lead to dis-ease.

Everyone is unique, all things matter and all cells in the body communicate.

Many struggle with nutrient deficiencies and have a hard time understanding why they are deficient because their diets are "on point" or they are supplementing.

The issue may not be, with the diet, it's with the ability to breakdown and absorb nutrients. So, Instead of recommending a ton of supplements, I must see why these nutrients are deficient. What is the root cause of the deficiency?

It's detective work, and it's fascinating to see people transform their health after figuring these simple things out.

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Nutrient deficiencies :

Nutrient deficiencies most common amongst the US population with the top 5 deficiencies being vitamin D, iron, B12, calcium and magnesium.

Reasons for a deficiency are very much individualized. I do not advocate willy nilly supplement taking.

Most can be detected from a good History and basic health exam, and basic blood work.

How we live, what we eat, how we sleep and manage stress all affect how our body functions and absorbs the food we eat.

For a detailed look at your health reach out to me.

YOU are responsible for your Health and you deserve the best.

All DISEASE begins in the GUT. The gut gets the fuel and disperses it, No fuel? the body steals from itself!