

Welcome to the

Functional Nutrition Program

We look forward to helping you be the best you can be, feel great, and meet your health goals and aspirations! In preparation for your appointment, please:

- Review the contents of your Welcome Packet
- Read your CORE Functional Nutrition Program patient brochure

Illness **does not** have to be a normal part of aging.

Many chronic diseases could be prevented, delayed, or alleviated through simple lifestyle changes. The US Centers for Disease Control and Prevention estimates that eliminating three risk factors (poor diet, inactivity, smoking) would prevent 80% of heart disease, stroke, and type 2 diabetes, as well as 40% of cancer.¹

- In 2011, 52% of adults aged 18 years or older did not meet the recommendations for aerobic exercise or physical activity, and 76% did not meet recommendations for muscle-strengthening physical activity¹
- About 47% of US adults have at least one of the following major risk factors for heart disease or stroke:¹
 - Uncontrolled high blood pressure
 - Uncontrolled high LDL cholesterol
 - Currently smoke
- In 2011, 36% of adolescents and 38% of adults said they ate fruit less than once a day, while 38% of adolescents and 23% of adults said they ate vegetables less than once a day¹
- 90% of Americans consume too much sodium, which increases their risk of high blood pressure²

Reversing and delaying chronic illness

Extensive scientific research demonstrates that many chronic diseases associated with aging can be prevented or even treated by adopting a healthy lifestyle, including:

- Cardiovascular disease
- Diabetes
- High blood pressure
- High cholesterol
- Obesity
- Osteoporosis
- Sarcopenia
- Stroke

What does “better health” mean to you?

Most people want more energy, mental clarity, full physical function, and absence of disease through the aging process.

What do you want?

- | | |
|---|--|
| ☐ To feel more vital | ☐ To lose weight |
| ☐ To have more energy | ☐ To increase muscle tone |
| ☐ To sleep better | ☐ To manage stress |
| ☐ To improve my sex drive | ☐ To have mental clarity |
| ☐ To have greater mobility | ☐ To feel more motivated |
| ☐ To have greater control over my health and wellbeing | |

Ask your healthcare practitioner which
Centered Nutritionals
Functional Nutrition Program
is right for you.



Better lifestyle,
better life.



Take back your health!



¹ The Centers for Disease Control and Prevention, Chronic Disease Overview. CDC.gov. www.cdc.gov/chronicdiseases/overview/. Accessed January 3, 2017.

² The Centers for Disease Control and Prevention. Vital Signs: Where's the sodium? CDC.gov. <https://www.cdc.gov/vitalsigns/sodium/index.html>. Accessed January 3, 2017.

Making healthy lifestyle changes allows you to have greater control of your health and wellbeing.

The functional nutrition programs at The Center are specialized therapeutic lifestyle programs unlike any other. They target the underlying causes of chronic illness by incorporating a sensible eating plan, physical activity, nutritional support, and stress management.

Functional Nutrition helps you:

- Take simple steps every day that will enhance health and help prevent disease
- Adopt habits of living that may delay the onset of illness in old age and possibly reverse disease progression and risk factors

Your personal Functional Nutrition program includes:

- Health screening
- Body composition analysis
- Customized health plans
- Lifestyle and behavioral coaching
- Personalized food plans
- Physical activity recommendations
- Targeted nutritional support
- Tracking tools

Ask your healthcare practitioner how a **Functional Nutrition** program may benefit you.



Healthy Living
begins with
Functional Nutrition

Understanding your Functional Nutrition Program

The Centered Nutritionals Functional Nutrition Programs are designed to support individuals

who are interested in learning the fundamentals of a healthy holistic approach to diet, taking

into consideration one's lifestyle factors that could affect their food choices, such as sleep and activity levels, environment, or the presence of chronic disease. It encourages phytonutrient diversity through organic whole foods and fiber intake while being low in simple sugars.

These programs are built upon the idea that food is medicine and based on elements of a

Mediterranean diet, concentrating on the intake of nutrient dense whole foods and the removal of processed foods. The functional nutrition programs can be easily tailored to personal preferences, health needs, cultures, and is available as a vegetarian and vegan program as well.

These programs will meet the daily needs for adequate quality protein, heart-healthy fat, and energizing carbohydrate intake for children and adults. It can also be modified to support weight loss or maintenance and for the nutrient needs of an athlete.

Core Functional Nutrition Program Timeline

