

## CARE PHILOSOPHY & DEEP SYSTEM DIAGRAM

### Care Approach Philosophy:

To improve one's health, it is important to integrate a strong foundation of [homeopathic science](#) and the understanding of nutrition-related ([functional nutrition](#)) biochemical, physiological, and cellular processes. Consequently at Nutrition & Homeopathy Center, we do not map clients to standard program packages but rather, develop solution packages to the client.

### Deep System Diagram:

Every individual is unique and reacts differently and there is no one rule that applies to all. Health is influenced not only by genetics and medicines, but other factors such as Diet (food choices), Exercise, Environment, and Psychology – “DEEP” can affect our genes greatly.

At the Nutrition & Homeopathy Center, we educate patients about the “MIND- BODY CONNECTION” and work with them to rebuild and replenish the mind, and body by leveraging evidence based science to offer an effective program.

In this program, we utilize healthy nutrient dense diet, exercise, relaxation methods, and supplements (botanical/natural) based on individual biochemical needs.

The Deep System diagram illustrates the segments that combine to create the whole.

