

# NUTRITIONAL THERAPY UNDERPINNING PRINCIPLES

## NUTRITIONAL THERAPISTS

*Uniquely trained to understand how nutrients and other food components influence the function of the body, protect against disease, restore health, and determine people's response to changes in the environment.*

### BIOCHEMICAL INDIVIDUALITY

*Understanding and appreciating the importance of variations in metabolic function deriving from genetic, epigenetic and environmental differences among individuals.*

### PATIENT CENTRED

*Recognition of the evidence that supports a patient-centred approach rather than a disease-centred approach. One-size-fits-all is not appropriate in the personal genome era.*

### WEB-LIKE INTERACTIONS

*Human physiology functions as an orchestrated network of interconnected systems, rather than individual systems functioning autonomously and without effect on each other.*

### PROMOTION OF ORGAN RESERVE

*As the means to enhance health span by maintaining genomic stability and mitochondrial capacity so decreasing morbidity.*

### DYNAMIC BALANCE OF INTERNAL AND EXTERNAL FACTORS

*Understanding that resilient homeostasis (the buffering capacity to respond to a perturbation) is important for physiological equilibrium.*

### HEALTH

*A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. World Health Organisation, 1948*



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