

NUTRITIONAL THERAPY UNDERPINNING PRINCIPLES

REGISTERED NUTRITIONAL THERAPY PRACTITIONERS

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



BANT

British Association for Nutrition and Lifestyle Medicine

THE SEAL OF EXCELLENCE FOR NUTRITION HEALTH PROFESSIONALS