

# NUTRITIONAL THERAPY UNDERPINNING PRINCIPLES



## BIOCHEMICAL INDIVIDUALITY

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



## PATIENT-CENTRED

emphasising "patient care" rather than "disease care," following Sir William Osler's admonition that "It is more important to know what patient has the disease than to know what disease the patient has."



## DYNAMIC BALANCE OF INTERNAL AND EXTERNAL FACTORS

understanding that resilient homeostasis (the buffering capacity to respond to perturbations) is important for physiological equilibrium.



## WEB-LIKE INTERCONNECTIONS

human physiology functions as an orchestrated network of interconnected systems, rather than individual systems functioning autonomously and without effect on each other. Examples include: immunological dysfunctions promoting cardiovascular disease; dietary imbalances causing hormonal disturbances; and environmental exposures precipitating neurologic syndromes such as Parkinson's disease.



## HEALTH AS A POSITIVE VITALITY

not merely the absence of disease.



## PROMOTION OF ORGAN RESERVE

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