



Holistic Nutrition: Frequently Asked Questions

This document answers the most commonly asked questions about holistic nutrition at Heritage Community Fitness & Rehabilitation Centre. If you have a question that we haven't answered in this document, please don't hesitate to contact us.

What is the role of a holistic nutritionist?

Holistic nutrition is the use of everyday nutrition and eating habits to improve one's health.

A Registered Holistic Nutritionist recognizes that each person is an individual with different nutritional needs. One size does not fit all. A holistic nutritionist provides education on nutrition and develops an individualized food, supplement, and lifestyle plan.

What conditions does a holistic nutritionist treat?

Poor nutrition can be a major contributor to many health issues. Proper nutrition addresses many health conditions and supports individual's goals, including:

- Autoimmune disorders
- Digestive disorders (Leaky Gut and IBS)
- Inflammatory conditions
- Skin conditions
- Weight gain and obesity
- Athletic performance
- Cognitive performance
- Healthy aging

What can I expect to happen during appointments with a holistic nutritionist?

Your first meeting will be approximately 90 minutes in duration. It includes:

- A discussion about your health goals and concerns.
- A review of your personal and family health history.
- Analysis of any nutritional supplements and medications you take.
- Initial dietary and supplement recommendations to start right away.
- Setting accountabilities to ensure your success.

The first follow-up appointment will be approximately 50 minutes in duration. It includes:

- Review progress towards health goals and discuss any habits getting in the way of meeting goals.
- A customized 4-day meal plan to specifically target your health goals.
- Additional and revised recommendations as needed.
- Reviewing and resetting accountabilities to ensure your success.

Additional follow-up appointments monitor progress and keep individuals accountable for their health goals. Each session is 50 minutes in duration.

- Review progress towards health goals and discuss any habits getting in the way of meeting goals.
- Updated meal plan to reflect new health goals, tastes and seasons.
- Additional and revised recommendations as needed.
- Reviewing and resetting accountabilities to ensure your success.

Are holistic nutritionists covered by insurance benefits plans?

More and more insurance companies are starting to cover the services of holistic nutritionists. It is best to call your benefits coordinator to confirm.

If your benefits program does not cover holistic nutrition, you may be able to claim it as an Eligible Medical Expense on your income tax. Check with CRA to confirm.

How does a holistic nutritionist differ from a registered dietitian?

Registered dieticians apply the guidelines found in the Canada Food Guide and make recommendations based on recommended daily allowances. They are government regulated and often work out of government-run institutions such as hospitals and schools.

Registered dieticians have a wealth of knowledge. However, it's important to recognize that there is no one-size-fits-all diet. Many people feel significantly better when they eliminate some of the foods recommended on Canada's Food Guide.

Holistic nutritionists make recommendations based on an individual's health goals, health history, food sensitivities, emotional state, lifestyle habits, and current diet habits. They provide education on basic nutritional building blocks and how to structure fulfilling meals which include nourishing foods and exclude damaging inflammatory foods. They do not refer to Canada's Food Guide.

**Do you want to improve your health and move beyond unhealthy dietary habits? We can help.
Contact Heritage Community Fitness & Rehabilitation Centre today at 613-253-2112 to book an appointment with our holistic nutritionist.**

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