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Naturopathic Nutrition

Definition

Naturopathic nutrition is a form of nutritional therapy that can help people suffering from a wide range of physical, mental or emotional symptoms. The system of Ayurveda considers diet and nutrition to be the most important factor in preventing disease and promoting health.

In both cases rather than simply suppressing the symptoms, the practitioner seeks out the cause of each client's condition. In naturopathic nutrition, elements of traditional Chinese medicine and more recently devised complementary techniques such as Iridology or Bach Flower remedies are used. In Ayurveda each individual is considered to be a mixture of three body types - Vata, Pitta and Kapha - and can be treated by eating an appropriate diet for his/her body type to keep it in balance.

History

The Eastern systems of Ayurveda and Traditional Chinese Medicine (TCM) both view disease from a holistic stance. Ayurveda is considered to be the oldest medical system in the world. It is an ancient system of health and healing with its origins in the ancient Vedic writings of India dating back over 5000 years. The origins of Chinese medicine are clouded in the mists of time although descriptions of some aspects are found in a series of dynastic records written about 500 B.C.

Benefits

- Stronger Immune System
- Cleaner bodily systems
- Homeostasis or Balance
- Heightened awareness of the taste and value of food
- Improved wellbeing on a physical, mental and emotional level
- Increased assimilation of essential nutrients