

General Guidelines for Nutrition Patients

DIET

My nutrition work is a combination of diet, supplementation and lifestyle counselling. In most cases, problems requiring nutritional adjustment are also compounded by physical imbalance; thus, I will also balance the body to insure the nervous system can effectively support the immune and digestive system and to help decrease stress within your body.

Some dietary problems require changes in lifestyle that you presently find impossible to implement such as chronic weight gain and compulsive eating or fasting syndromes. In these cases I also have available a Guided Imagery Counselor to help you to gain control over eating habits, encourage healthy eating style and deal with stress that triggers problems. Where needed for more complex nutritional programs, we have on staff a Diet Counselor who can work directly with you to show you **how to implement your diet**- from purchasing the correct foods to cooking methods. She will also teach methods of "mindful eating" to provide optimal nutrition.

Dietary Guidelines *This is a Process and it takes time to adjust—be patient with yourself*

Moderation and simplicity

Eat three meals, unless prescribed otherwise, at regular times.

Eat simple whole foods—grains, vegetables, fruits, meat in small quantities and low fat, low salt and low sugar foods.

Keep your meals moderate in size, so as not to overload the system.

Rotate foods eaten. This provides broad nutritional support & decreases allergies.

Take your time, enjoy the meal and relax.

Plan Ahead

Anticipate problems, so you don't get caught not being able to eat what you need.

Make your own "prepared meals" in quantity and variety to take with you.

Enlist help from friends and relatives to make sure you know what you will be offered at meals and to gain their support for your efforts.

Keep a journal — keep it with you

Your observations are just that—no blame or judgment—simply information.

Your journal provides you with a record of your eating habits.

Write down your difficulties and your ideas as to solutions.

Your thoughts, feelings and bodily sensations are also valuable information.

Since stress is a major part of dietary disorders, your journal can also help to unload thoughts and feelings to ease inner tensions.

Ask Questions

If you need information, read labels, and ask questions

If you have specific restrictions, (sulfite or fat restriction), ask at restaurant

When in doubt, call Dr. Green, he will get back to you as soon as possible

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Your Partnership in Health