

About Functional Nutrition

Functional Nutrition is a non-invasive way to definitively determine areas of nutrient deficiencies and imbalances and find the right supplements to overcome these body stressors. This is done with some simple yet very accurate tests in addition to assessing dietary habits using a Food Journal and the Nutritional Assessment Questionnaire (NAQ). The Food Journal is helpful for those of you who want or need to regulate blood sugar because of Diabetes or Hypoglycemia (low blood sugar episodes), who have a desire to lose weight, or who have sugar or carbohydrate cravings.

The following tests are done during a Functional Nutrition assessment:

- Oral pH to determine the acidity or alkalinity of the body
- Zinc taste test to determine zinc sufficiency
- Iodine patch test and Basal body temperature test to determine thyroid health
- Blood pressure taken laying down to standing up and Pupillary light response to determine adrenal health
- Cuff test to determine mineral sufficiency
- Pressure on various Chapman and other reflex points to determine organ and endocrine (hormone) gland health
- Deep abdominal pressures to determine small intestine and colon health

Detoxification, or full-body Cleansing, is another arena often used in Functional Nutrition to significantly reduce your risk of various chronic diseases of lifestyle such as high cholesterol, high blood pressure, heart disease, stroke, cancers, and Alzheimer's disease. Elimination or Anti-inflammatory Diets are often helpful for those of you with joint and muscle aches and pains, various skin conditions, fibromyalgia, arthritis, and overall body inflammation.

Cleanse programs, nutrient supplementation, and dietary balancing have an amazing way of taking the stress load off of your body, thereby allowing it to heal and repair on its own. Learn how to increase your energy, vitality, and mobility through nutrition.

Call us today to schedule your functional nutrition appointment!

Absolute Chiropractic & Wellness Center

557 Roy Street Suite #100

Seattle WA, 98109

phone: 206.285.1068

fax: 206.285.0821

email: drdawnsmallwood@gmail.com

