

Clinical Nutrition Fact Sheet

What is the Clinical Nutrition Program© at The Hetrick Center?

Our Clinical Nutrition Program© is specifically tailored to meet each individual's dietary and health needs. During your first visit, your doctor will discuss with you your symptoms, diet, lifestyle and overall health in order to determine what nutritional actions are best for you. Our doctors then offer dietary coaching on what foods you should add or eliminate from your current diet, how to store and prepare these foods and how your diet will help heal and correct particular problems with your current health status.

In addition, they may recommend high quality supplements, herbal products or purification programs to provide additional nutritional support when indicated.

Your doctor will supply you with the road map to healthy eating, meal planning, nutrient-rich foods, and short-term and/or long-term supplementation geared specifically to your health needs.

Why is good nutrition important?

Good nutrition is the fuel that our body utilizes to function and maintain our health every day. As a result, improper diet and nutrition deprives us of the fuel our bodies need to maintain good health. Eventually, improper nutrition can lead to decreased function and performance of the body, making us more susceptible to illness, injury and disease.

The Clinical Nutrition Program© at The Hetrick Center has the ability to optimize your body's natural functions and defenses.

What conditions can benefit from Nutritional Counseling?

Fatigue	Asthma	Diabetes
Irritable Bowel Syndrome	High Cholesterol	Insomnia
Muscle Cramps	Arthritis	Fibromyalgia
Chronic Fatigue Syndrome	Ulcers	Acid Reflux
Indigestion	Headaches	And More...

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