

## **Nutrition**

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Nutrition is the foundational healing art, absolutely necessary before any kind of healing can take place in the body. Only the chemical elements from foods can rebuild cells and correct defects in cells, and because our ultimate source of chemical elements is foods; the success of all other healing arts depends on this one healing art. Foods, the right kind of foods, build tissue, and when a sufficient amount of cleansing and building has taken place, the body heals itself by virtue of natural laws. The foods we eat and the lifestyle we live have a great deal of influence over our health and longevity.

Essentially all of life, whether we're talking about human life or microbiological life, or animal life, plant life- any form of life- has to find its sustenance in its food. The only way you can support any form of life is by maintaining its nutrition. We need to distinguish between nutrition and food. Food essentially provides the elements of nutrition, but nutrition supplies the needs of life. It's impossible to sustain life without good nutrition. For a period of time you can sustain human life in a state of malnutrition or faulty nutrition, but it's a lower quality of life, and it's usually a diseased state.

So if we're going to overcome disease, we must overcome nutritional failures. There is no health problem that does not have an associated nutritional derangement.