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Nutrition

Learning objectives

This chapter covers the following:

- **the macro-nutrients – carbohydrates, proteins and lipids**
- **the micro-nutrients – vitamins, minerals and trace elements**
- **anti-nutrients, enzymes and water**
- **the balanced diet**
- **the nutrition consultation**
- **identifying current diet**
- **body mass index and hip-to-waist ratio**
- **making meaningful recommendations**

Nutrition is an important subject for all therapists, as many of the problems clients have can be helped nutritionally. Skin problems including acne, stretch marks and cellulite as well as problems with weight, stress, anxiety, fatigue and digestive problems can all be helped nutritionally. Nutrition can largely determine how we look, feel and work; whether we will be nervous, tired and pessimistic, or joyful, comfortable and happily active. Nutrition can also determine whether we will age prematurely or enjoy our lives to the full. By studying nutrition you will be able to promote healthy eating to your clients.