

What you should know about nutrition.



The old saying that “You are what you eat” may have more meaning today than ever before.

America’s much-publicized obesity problem has reached epidemic proportions. We have become the fattest industrialized nation on the planet, and over 400,000 of us die each year from obesity-related health complications.

If we choose to live on junk foods that do not nourish our bodies properly, we can damage or ruin our digestive systems, heart, liver, kidneys, circulatory systems and much more. Conversely, if we choose whole, natural foods that provide all the nutrients (protein, carbohydrates, fat, vitamins and minerals) our bodies need, we can enjoy prolonged life and good health.

At Lemire Clinic, James E. Lemire and his team of multidisciplinary specialists use the principles of natural and nutritional medicine to help patients overcome pain and illness and rediscover good health. Nutrition is a critical lifestyle factor. Dr. Lemire and his associates will help you determine the best nutrition for you and your specific needs.

In functional medicine, for example, disease becomes manifest through an interaction of genetic susceptibility, environmental factors and lifestyle choices. Knowing our potential allows us to choose a lifestyle, diet and activity to influence our bodies in the most beneficial way and significantly decrease the risk of being overweight or developing many common weight-related health problems.

We can help you by recommending proper anti-inflammatory diets and proven nonprescription therapeutic nutrients.

Based on all the evidence we gather, we will then create a personal nutrition plan specifically for each patient. If you are overweight or obese and experiencing health problems directly or indirectly related to your weight, we can help you discover the benefits of proper nutrition, too. Our personalized weight loss programs can help you lose weight or better control your weight without dieting.

We invite you or your referring physician to call for an appointment. We welcome your referrals.



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