

What is Functional Nutrition?

offered by **Katie Tandon**,
MA, CEAP, CACD, LPC, CCAP, RYT, LMT, CN

Functional Medicine and Nutrition are holistic paradigms in which nothing is truly isolated, and psychology and various physiologies constantly interrelate and affect each other. In opposition to the mainstream medical practice of 'problem avoidance' and treating symptoms instead of causes, Functional Medicine treats systems at the level of cause. It further seeks 'balance promotion' with the belief that in a balanced state the organism heals itself. Toward this end, Functional Nutrition evaluates 'positive vitality' and intervenes early when imbalance first presents as subclinical distress rather than waiting for disease to manifest.

Believing that each individual is biochemically and energetically unique, Functional Nutrition takes a detailed client history to look for patterns, uses various tests and evaluations to target causes of discomfort, and intervenes with dietary interventions, lifestyle practices and supplementation to reduce symptoms, treat the underlying causes of illness and renew optimal functioning of the entire being. There is not one perfect diet or regimen that works for every person, but there is a unique one to bring vibrant health and happiness to you!

The Functional nutritionist explores your unique constitution to design a protocol for maximum functionality to take control of your health and optimize your experience on your own. Together we seek to prevent disease and treat discomfort naturally. We design a plan to educate and empower you to maintain optimal balance and so enjoy strong immunity, clear thinking, emotional ease and vibrant energy.



Prayer indeed is good, but while calling on the gods a man should himself lend a hand.
-- Hippocrates

Nothing astonishes so much as common sense and plain dealing.

--Ralph Waldo Emerson, 1841

Katie has worked more than 25 years in the mental health field and boasts 30 years in yoga and eastern philosophy. She enjoys a thriving private practice as a Licensed Therapist, as well as in individual Therapeutic Yoga and Therapeutic Massage. She is a Professional Member of the International Association of Yoga Therapists, the International Society for Ethical Psychology and Psychiatry, The Weston A. Price Foundation and the National Association of Professional Nutritionists. She is a published author in the fields of Yoga, Mental Health, Addictions and the Arts and currently affiliated with Holistic Physician Michael Cheikin, MD at the Center for Optimal Health and mentored by him in Functional Nutrition. With such a uniquely broad-based therapeutic education, Katie incorporates eclectic knowledge and experience in mind/body healing for truly holistic evaluation and intervention.

Katie offers services in outpatient holistic nutritional interventions for a variety of health issues including, but not limited to:

- Digestive Disorders
- Complementary Addictions Treatment
- Candida Yeast Overgrowth
- Optimal Mental Health
- Migraine
- Arthritis
- Chronic Fatigue, Fibromyalgia
- Cancer Prevention
- Weight Loss
- Allergies
- Heart Disease
- Menopause
- Various Metabolic Imbalances

Katie offers nutritional counseling in Plymouth Meeting, Montgomery County and Valley Forge and Exton, Chester County. For more information contact Katie at lighton@katiетandon.net or go to www.katiетandon.net



*who looks without dreams
who looks within awakens...*
Carl Jung

Katie Tandon

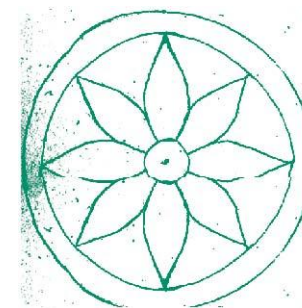
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- Licensed Holistic Counselor
- Therapeutic Yoga Meditation Teacher
- Licensed Massage Therapist
- Nationally Licensed and Board Certified Nutritionist

Functional Nutrition Therapy

Holistic Healing through Homeostasis



Katie has been awarded National Board Certification and Licensure in Functional Nutrition by the American Health Sciences University. She graduated with highest honors and a 4.0 average, and has 17 years study previously in Modern Holistic Nutrition, Chinese Medicine and Ayurveda. Previous studies in Psychology, Massage and Yoga Therapy combine into 800+ hours of education in Anatomy, Physiology and Pathology. Katie has also attended Temple and Villanova Universities and Bryn Mawr College for degrees and certifications within the fields of Mental Health, Addictions, Yoga and the Arts.



70% of chronic diseases are preventable!! You could be eating a balanced diet and doing what you can to improve your health without suspecting that the very foods you're eating are contributing to (or even causing) your problems.

So it is time to educate yourself. Our immune systems have been subjected to poisons unparalleled in previous centuries and unimagined by our earlier ancestors. From DNA-damaging pesticides and pervasive petrochemicals in everything from furniture to cleaning supplies, from plastics to vinyl and the overuse of antibiotics, prescription drugs and vaccines, along with mercury amalgams in the mouth all undermine our natural balance and immunity. *These effects are largely reversible!!*

Functional nutrition seeks to enhance immunity and support homeostasis in the body/mind continuum by a focus on heightening:

- a) intra-cellular communications: how the cells communicate both neurologically and metabolically
- b) bioenergetics: how the body turns food into energy: digestion, absorption and metabolism;
- c) maintenance of structural integrity: including alignments and the overall health of the connective tissues, muscles, joints and bones;
- d) elimination of wastes: an integral support of the immunological defense of the body/mind, and finally;
- e) circulation and the transport of nutrients: feeding oxygen and nutrients to all types of cells.



The winds of grace are always blowing, but you have to raise the sail. – Ramakrishna

One of the main foci of nutritionists is the health of the digestive organs. I believe that the rise of much modern illness – Autism, ADD, Lupus, MS, Allergies, Arthritis, sleep disturbance, Diabetes, Obesity (to name a few) are attributable to disordered ingestion and digestion. These can be eliminated, treated and prevented!!! Moreover, mal-absorption, candida yeast overgrowth and leaky gut are pandemic in American culture not just because of poor diets and damaging chemicals in food but because of toxins that propagate in the digestive tract and end up as blood-borne toxins which then cross the blood-brain barrier and end up as neurotoxins that create mental imbalance through neurologic deficiency and toxicity. *Much of this is treatable by systematic enhancement of the health of neurons and digestive organs!!*

A well-educated, certified and experienced mental health professional, I am especially interested and experienced in treating the gut-brain connection. I also have great interest and experience in titration off of psychotropic drugs (as a master's level addictions professional) and replacement by optimal brain nutrition and function.

Training in mental and emotional health combined with much and varied training in anatomy and physiology uniquely qualifies me as a holistic practitioner and complimentary medicine nutritionist. There are many avenues toward balance of mind and body all of which may be useful in finding vibrant function for a single individual. I seek to establish a path towards healing and fulfilling potential within the individual, the family and community, through the use of mental, spiritual and physical means. Towards these ends, I actively promote education, balance, homeostasis, calm and insight in each person.

If we want to fend off degenerative disease and treat our symptoms of imbalance, we must be mindful, seek awareness of our unique bioelectric expression, trust ourselves and our capacity for natural vitality, and then explore what truly brings us back to center. With guidance we can gaze inward, learn to experience balance, ease, equipoise...

...and make it usual.



And it seems to me completely within the cards that there will be within the next generation or so a pharmacological method of making people love their servitude, and producing a kind of painless concentration camp for entire societies, so that people will in fact have the liberties taken away from them but will rather enjoy it, because they will be distracted from any desire to rebel by propaganda, brainwashing, or brainwashing enhanced by pharmacological methods.

→ Aldous Huxley, 1959