

Total Wellness

If you, like many us, are looking for a new approach to health and wellness, you're not alone. Your issues may range from help improving your energy and vitality, to weaning yourself from prescription medications.

Whether you want to lose weight, have more energy, reduce your blood pressure, lower your cholesterol, relieve gastrointestinal problems, allergies, or deal with a host of other conditions, a nutritionist can be a valued partner. Clinical nutritionist Renee Simon of South Salem believes that diet and lifestyle are far more important than your genes in determining your health and longevity.

She knows that it's hard for the average person to find the right combination of food, supplements, exercise, and other regimes to help them feel good, stay healthy and prevent trouble down the road. She has made a commitment to help families improve their total wellness.

In her new book, *Take Back Your Health*, Simon describes her personal voyage from a childhood plagued with allergies to a young career woman in a high-stress corporate job that left her suffering from the Epstein-Barr virus. The stress was too much, and her body was letting her know. Simon thought she lived a healthy lifestyle. She was a vegetarian and ran 30- 40 miles a week. But in 1992, she came down with a sore throat that just wouldn't go away. It turned out that the things she thought were improving her health were the wrong things for her. They were stressing her body more, and making things even worse.

When she couldn't get the help she needed from traditional medicine, Simon turned to a naturopathic physician who, after extensive testing, told her that she was eating all the wrong foods. He helped her modify her diet, eliminating the foods that were making her sick, and taught her some stress reduction techniques. As Simon began to recover, she realized that her life had been turned around. She began to do extensive research, exploring ways to build up her energy so she could get back into the world. Simon decided to leave the corporate world, and earned a Master's Degree in Clinical Nutrition from Bridgeport University in Connecticut. She also holds a degree in Holistic Nutrition from the American Academy of Nutrition, and a post-graduate degree in nutritional pharmacology.

Healing Happens Naturally

Simon's philosophy is that if we give our body pure, healthy food, get enough rest and exercise, breathe deeply, and fill our thoughts with positive messages, healing happens

naturally.

A Four-Step Approach

Simon works with children and adults, using a four step program to help them restore their health. The four steps include clinical testing with dietary interventions, vitamin and mineral mineral therapies, exercise recommendations, and stress-management techniques.

Because many of her patients complain that other health practitioners they see look only at their presenting symptoms, she helps them focus on trying to identify the cause of the problem. Unless the cause is identified and addressed, the symptoms are likely to return.

Every patient undergoes an evaluation and testing to pinpoint underlying causes. Simon then works with them, giving them the tools and support they need to improve their health. To get more information on Renee Simon's book, visit www.SunRaven.org or www.TotalWellnessNutrition.com

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Eat organic as much as possible and reduce as many chemicals and toxins from your cleaning, laundry, and personal care products. Little children are especially susceptible to environmental toxins.