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Clinical Nutrition

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An individual's overall health and the health of specific tissues are dependent upon an adequate blood supply and the availability of nutrients. Nutritional requirements vary according to many factors, which include age, physical activity level, fitness level, and exposure to environmental pollutants, stress level, medical conditions and genetic expression. There are numerous ways for healthcare specialists to assess the unique nutritional needs of an individual. These methods include taking a thorough history, reviewing dietary habits, physical examination and the performance of laboratory tests such as blood, stool and urine analysis. Application of an individualized nutritional approach promotes health and tissue healing. Nutritional supplement recommendations may be provided to help facilitate anabolic recovery of compromised tissues. Special attention may be placed on recommending nutritional neuroprotective strategies to reduce the risk for progressive neurological compromise.