



## Functional Nutrition

Functional nutrition is the study of the relationship between food that is consumed and the health and well-being of the body. The field of Functional nutrition considers the way the body uses the nutrients found in foods and supplements, as well as the way the body processes the nutrients and then stores them for later use or eliminates them. Functional nutrition also considers other contributing factors to health, such as the environment, family history, and overall well-being when trying to determine an individual's nutrient needs.

## Nutrigenomics

The emerging field of nutrigenomics, which aims to identify the genetic factors that influence the body's response to diet and studies how the bioactive constituents of food affect gene expression is an important consideration when determining the needs of a patient suffering from a chronic condition. Nutrigenomics' bidirectional approach to investigating how the genetic traits of an individual or population interact with their diet offers many possibilities for targeted clinical interventions and preventive medicine. These may include modifying either diet or the biochemical response to food exposure to prevent disease in individuals shown to be susceptible to the consequences of unfavorable dietary/genomic interactions. The doctors consider nutrigenomics in customized diets based on an individual's genetic make-up.

"In contrast to previous applications of genomics technologies where the goal is to distinguish existing disease from absence of disease, nutrigenomics aims to discern nuanced differences in pre-disease states such that personalized dietary interventions can be designed to prevent or modify future disease susceptibility," write Guest Editors Béatrice Godard, PhD, and VuralOzdemir, MD, PhD, from the Department of Social and Preventive Medicine, University of Montreal, Québec, Canada.





"Nutrigenomics opens new and amazing frontiers in 21st century biomedical and clinical research," says Eugene Kolker, PhD, Executive Editor of OMICS and Chief Data Officer at Seattle Children's Hospital, Seattle, Washington.

In consideration of aiding the prevention, controlling, and treating the exploding global burden of chronic disease, clinical nutrition is a primary therapy. The doctor's here at Integrated HealthCare use this therapy to facilitate and support a high state of optimal health.

For more information or to set an appointment please call the office at 303-652-6475 or email [Postmaster@IntegratedHealthCareClinic.com](mailto:Postmaster@IntegratedHealthCareClinic.com)

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