

**Dear Maria**

**What is a healthy diet?**

There is no such thing as a “One Size Fits All Healthy Diet.” There are general guidelines, but we are individuals with our own unique DNA blueprint and we have to adapt and compromise to achieve and maintain overall health.

Health is not just an absence of illness, it’s the ability to feel great, have more energy, avoid hormonal disruptions like mood swings and anxiety, and generally improve your outlook on life.

Don’t worry about the conflicting nutrition and dietary advice. It seems that every one who is in print is an expert. One will tell you something is good for you and another will tell you the exact opposite. It’s not just a calorie counting exercise either. How can a food item be beneficial if the body doesn’t have the enzyme to break it down? The health conscious vegetarian may lack lactase enzyme, or even have a casein issue making milk products difficult to digest. The Mediterranean diet may be too fatty after a gall bladder operation. These are just two of the kinds of problems that should be addressed .

Health practitioners don’t have the time nor nutritional knowledge to advise on tailor made nutritional programmes for individual patients. It’s totally about what *your own* body’s needs are, but because generally one doesn’t know what those needs are, this is where nutritional therapy has the advantage. I use symptom analysis and rely on biochemical laboratory testing to reveal individual requirements.

The healthy diet must contain essential nutrients: vitamins, minerals, fatty acids, and fluids. These are all obtained from fresh produce. You should always be able to recognise what you are eating. You should feel great and energised after eating. If not, you’re eating the wrong food. My next article will be entitled ‘Unhealthy Eating’.

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