

- 3. Digestion and Absorption:** Understand how the body breaks down food into nutrients and absorbs them to use as energy or to support bodily functions.
 - **Example:** The digestive system breaks down carbohydrates into glucose, which is absorbed and used for energy.

Step 2: Study the Impact of Nutrition on Health

- 1. Role of Diet in Chronic Diseases:** Discover how nutrition affects the risk and management of diseases like diabetes, heart disease, and cancer.
 - **Example:** A diet high in saturated fats can increase the risk of heart disease.
- 2. Nutrition and Weight Management:** Learn the principles of balanced diets and their role in maintaining a healthy weight.
 - **Example:** Eating a balanced diet with appropriate portions can help control weight.
- 3. Nutritional Needs Throughout the Lifecycle:** Investigate how nutritional needs change from infancy through old age.
 - **Example:** Pregnant women have increased needs for folate and to support fetal development.

Step By Step Guide To Nutritional Healing

Guillaume Favre



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