

Nutritional Training Program

The Nutritional Training Program (NTP) is designed to teach the importance of proper nutrition and decision making while grocery shopping. As we know not all food is created equal. The NTP will take the guess work out of what foods are good for you and your family. The NTP will provide a tailored grocery list of what to buy. Not only will this give you the most “bang for your buck,” but will also start you down the path towards health and away from disease (of any kind). If losing weight, becoming healthier, happier, and educated is a goal of yours, then the NTP is for you.

You’ve heard, “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.”

I say, “A person with poor food choices continues being sick. Teach a person to shop and keep him/her healthy for a lifetime.”

It is my job as a health practitioner to keep you and your family healthy for life – it starts with good nutrition and what to eat! Our nation is becoming sicker everyday with poor, uneducated food choices. It is my duty not to let this happen to you. The following is a list of topics discussed during the NTP:

- Proper food choices
- Label Reading
- What foods to avoid
- Healthy Alternatives
- Food Craving / Appetite
- Proper eating, portion control
- Dishware
- Canned, Frozen, Raw Fruits / Veg
- Meats / Grains
- Good vs. Bad Fats
- Good vs. Bad Cholesterol
- Organ responsibilities
- Proper Digestions / Absorption
- Digestive enzymes
- Probiotics / Sickness
- Diets and Body Typing
- IBS
- Allergies / hypersensitivities
- Dairy, Gluten, Corn, Egg, Soy
- Sugar Habit
- Grocery List
- Boxed foods and Preservatives
- Caffeine
- Kids / picky eaters
- Protein / Carb balance
- White foods
- Refined / processed foods
- Trans fats (hydrogenated / partially hydrogenated oils)
- High fructose corn syrup
- Artificial sweeteners
- Diet (Light) vs. non diet Foods
- Detoxification
- Triglycerides
- Cholesterol
- Blood Sugar
- Importance of fiber
- Importance on Vitamin (A,B,C,D.E.F,K)
- Importance of Mineral (Ca, Mg, Mn, Zn, Fe)
- Importance of Antioxidants
- BHT, GMO’s

This program is designed to help any person suffering from any ailment. It is impossible to be sick without being malnourished. With improved nutrition comes improved health – NTP is where to start!

Adam M. Davis, D.C., Dipl. Ac.