

## George's Story – Nutrition Was the Answer

My interest in nutrition was first cultivated by my mother when I was still a child. It was increased through the nutritional courses I had as a chiropractic student. However, nutrition was cemented in my mind as an integral part of the health care system because of a personal health problem I experienced.

While still a chiropractic student, I started to get migraine headaches which gradually increased to three per week. An eye examination indicated a sclerosing (hardening) of the retina of the eye bilaterally. I was told the medical treatment for this condition was no treatment. The conclusion of this condition was total blindness within two years.

Because of my professional training, I was aware that nothing happens in the human body without a reason. I determined that this condition had to be caused by some toxin building in my body. I then proceeded to eliminate all processed and simple sugar foods. Over the next year the migraine headaches stopped, and none of the symptoms of visual loss occurred.

I was then examined by a second ophthalmologist who told me there was no trace of the retina sclerosing. His exact quote was, "I don't doubt that you had retinal sclerosing, but it is not there now."

It has been many years since that happened and I can truthfully report that my vision is still good and I have not had a headache since then. This experience proved to me that if proper nutrition with supplementation is added to any form of health care, it will speed up the healing process and the response to treatment will last longer.

This approach to therapy proved successful to my patients all the years I practiced chiropractic as well as now as a board certified clinical nutritionist.

The menus developed in the Suppers kitchens exemplify the dietary changes needed to turn around most of the major health scourges. They are based on minimally prepared, fresh, whole foods. They provide adequate protein and generous helpings of greens, legumes, and non-gluten grain. They are beautiful to look at and pleasing to the taste buds.

It has been my pleasure to watch as members experience the healing power of Suppers, the logical turnarounds of serious health and mental health challenges when they improve their diet.