

# *Functional Nutrition*



Patients are undoubtedly growing frustrated with America's health-care system. Nobody wants to be given pills that only mask a problem, nor do they want to wait days for laboratory markers to determine whether or not they have a disease. Because the country operates with a disease management system, the root causes of disease are never determined, much less treated.

Most people want to be healthy and would like to avoid illness altogether. Fortunately, a local chiropractic clinic offers a unique model of care to help these people do exactly that.

Rather than treating a patient's symptoms and sending them on their way, the doctors at Legacy Clinic of Chiropractic in The Villages utilize an innovative approach known as functional nutrition. By using food as medicine, they treat

the whole patient by recognizing the root cause of disease rather than just symptoms. The goal of functional nutrition is to detox the body from all environmental and chemical toxins so hormones and enzymes can optimally function. They look at patients as a whole rather than as an isolated set of symptoms.

Most physicians are not trained to apply nutrition and diet to treat and prevent illnesses. However, the team at Legacy Clinic of Chiropractic realizes that functional nutrition encourages ongoing wellness in their patients. Who wouldn't want to prevent disease now instead of shelling out lots of money down the road to treat it?

Through functional nutrition, a patient's health is addressed at the cellular level, helping them achieve active lifestyles and avoiding illness. It incorporates lifestyle medications, nutritional supplements, and exercise to improve the functioning of organs to create vibrant, sustainable health.

Functional nutrition can be beneficial for everybody, including those with auto immune disease, food allergies, hormonal problems, parasites and especially autism.

The doctors at Legacy Clinic of Chiropractic thoroughly examine a patient's history and even review their blood work. This is vitally important because they are determining what factors may lead to disease, including genetic factors, environmental factors, and lifestyle factors.

For patients with disease or illness, functional nutrition is beneficial because it helps them avoid expensive drugs and invasive



*"I have learned a lot about eating clean and have become better educated about nutrition and making better choices for myself and my family... They teach you the truth on what your body needs to thrive."*

—ALLISON RICHMOND



*"Dr. Theeek had a couple classes that we went to that told all about nutrition—how to eat better, how to cook the food better—and I definitely benefited from all the things he said, and now I digest food better."*

—DEBBIE ACEVEDO

*"I was extremely impressed with Dr. Theeek's approach to helping keep his patients healthy, not only in a physical sense, but in a nutritional aspect. He does optional nutrition lectures, and I went to one and found it so interesting I went back a second time!"*

—JUDITH MASON





## QUINOA CRUSTED CHICKEN

- 4 (4-6 oz.) boneless, skinless chicken breasts
- Salt and pepper to taste
- ¼ cup almond flour • 1 egg, lightly beaten
- 1½ cups cooked quinoa
- 1 teaspoon Italian seasoning blend
- 1 cup mozzarella, shredded
- ¼ cup grated Parmigiano-Reggiano (parmesan cheese)
- 2 cups marinara sauce • 2 tablespoons basil, torn

Preheat oven to 400 degrees. Mix quinoa and Italian seasoning. Season chicken with salt and pepper, dredge in flour, dip in egg, and coat in the mixture of the quinoa and Italian seasoning. Place the chicken on a rack in a baking pan and bake until chicken is done and lightly golden brown, about 25-30 minutes. Transfer chicken to a baking dish, top with the cheese and broil until it has melted, about 2-4 minutes. Plate chicken and top with hot marinara sauce and fresh torn basil and enjoy! Best served with spiral zucchini



### DR. LOUISE PALAGANO

While growing up in Lake Mary, Dr. Louise Palagano learned she had scoliosis. After receiving amazing results with chiropractic care as a teenager, she chose being a chiropractor as her career path. Her dream was to help people without using drugs or surgery. She received her undergraduate degree from the University of Florida and her doctorate at Palmer College of Chiropractic in Port Orange, where she studied a variety of chiropractic techniques. Her main interests lay in methods that restore the spine's natural curves to full function. Her focus is on corrective care that brings patient function to 100 percent. As a member of the Florida Chiropractic Association, she presents seminars on spinal decompression, correcting scoliosis, and Dowager humps. A dedicated physician, Dr. Palagano believes patients experience better health through chiropractic care.

surgeries. For patients who are already healthy, functional nutrition helps them prevent disease and illness.

Diet and nutrition are big components of functional nutrition. Eating isn't about fulfilling our appetites in the moment; it's about sustaining a healthy life.

#### Why?

The answer is simple. Nutrition benefits our health on a cellular level. The human body alone has trillions of cells. Cells form body tissue and make up the organs in our body such as the heart, liver and lungs.

Without proper nutrition, cells cannot operate efficiently and the functions of tissues and organs become compromised. Diets that consist primarily of fast food, pre-packaged food, and genetically modified organisms (GMO) result in deficient and damaged cells, leading to disease. Conversely, when

you feed your cells real food, they get the appropriate nutrients they need to prevent disease.

Nutrition at the cellular level is extremely important because it can help reduce fatigue, increase stamina, and improve a person's overall health. The nutrients that you provide your body on a daily basis determine how well your cells function and the quality of the new cells that your body creates.

The doctors host functional and disease prevention seminars each Monday inside Legacy Clinic at 6 p.m. They teach guests how to how to prevent disease and improve their quality of life. These seminars have been life-saving for people who battle gastroesophageal reflux disease (GERD), diabetes, neuropathy and other related diseases. They develop an awareness of their own health and are equipped with the tools, knowledge, and confidence to

make much-needed changes.

The physicians at Legacy Clinic Chiropractic are available to answer questions or review lab records and test results at any time.

These doctors strive to teach people how to prevent diseases and live a healthy lifestyle. They do this with state-of-the-art equipment, food plans designed to fit the unique needs of each patient, and noninvasive treatment to bring the body to its highest function on every level.

In addition, they offer seminars every week to educate and elevate the level of self-care. They are also willing to speak to clubs or civic groups to provide this same information to help people see how fulfilling it is to enjoy a healthy lifestyle.

"When your body is functioning optimally and you're eating real food, your cells get the appropriate nutrients, and you are therefore preventing disease in the future," Dr. John says.