



# Introduction to Wellness Solutions



*Written by:*  
**Marilyn Williams**  
Certified Nutritional Counsellor &  
Dietary Consultant



**©COPYRIGHT 2018  
MARILYN WILLIAMS  
ALL RIGHTS RESERVED**

This work is © Copyright and not to be copied or shared in any fashion.

**Disclaimer:**

The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only. The purpose of this website is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this website.

# Hi & Welcome!

---

By way of introduction, let me say that I've been involved in home study and research into nutrition and health related subjects for many years, but it's only in more recent times that I...

- Formalised my studies to become a “Nutritional Counsellor & Dietary Consultant” - my official title.
- This included Weight Loss Consultancy, Nutrition for Weight Loss & Nutrition for Disease Management.
- I then furthered my studies into the concepts of naturopathic nutrition, reflexology, kinesiology and insomnia.



# Certified Member



“Nutritional Counsellor & Dietary Consultant”  
was studied through the Health Academy of  
Australia and am now a...



**Certified member of the:**  
International Institute for Complementary Therapists



I lived on a 3-acre property in Tasmania with my husband and son, Rocky the dog, 8 chooks, 1 rooster, 10 ducks and 8 guinea fowl! This family continued to grow in time...

At this point in time, we live in the city port of Devonport, where we can watch the “Spirit of Tasmania” come and go from mainland Australia.



# My Desire for You

As we travel this journey together, I trust you will find the help you need. Whether you are seeking to lose weight, or just need to better understand basic nutrition, these classes are designed for you.

We are constantly bombarded with advertising about all kinds of what are only 'fake' foods, which lead us to believe we are eating healthy.

There is much to learn. I'm going to cover one subject at a time and there will be a lot to take in.

I've tried to use everyday language. I've also added in some activities etc. to help you grasp the concepts.

Trying to do everything all at once will fail. It's much better to take baby steps, one step at a time, and get that thoroughly established before taking bigger steps.



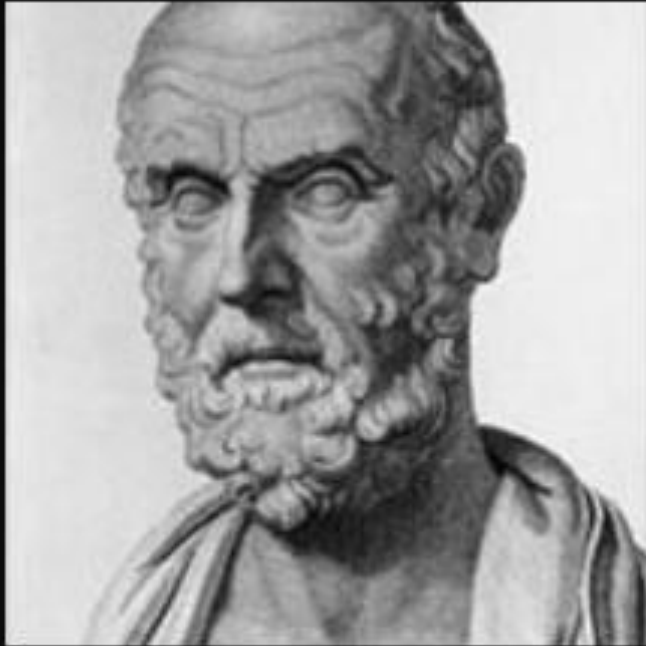


# What is Nutritional Counselling & Dietary Consulting?

- It focuses on natural self-healing through lifestyle changes and making better diet choices.
- **Does not advise people** to stop taking their medication. If it becomes obvious that medication is no longer needed... we ask you to check it out with your doctor.



# What is Naturopathic Nutrition?



Leave your drugs in the  
chemist's pot if you can heal the  
patient with food.

~ Hippocrates

- **Stresses whole and organic foods as medicine** to the body
- **Focuses on building wellness** through the diet
- **Uses appropriate supplements** when required
- **Avoids the use of modern medicine** principles like drugs, pharmacology and surgery wherever possible

*'Let's build wellness rather than treating disease'*  
Dr Bruce Daggy

# Does your Doctor know everything?



**Before I move on,** I want to add that the more I studied, the more I appreciated doctors in general.

- **Doctors have undergone a huge amount of study** and have had to become very proficient in being able to diagnose.
- **But this doesn't mean they know everything...** or have studied everything. Most have studied very little on nutrition.
- The truth is that the study of nutrition is still in its infancy and has a long way yet to go.
- **Appreciate your doctor,** and when he/she answers that they don't know what has caused your problem, please don't speak badly of them.
- **I believe though, that there is too much evidence** to suggest that in many, many cases, your food and lifestyle are directly related to most all illness suffered.

# Why we are not healthy

- Allowing your body to become too acidic is behind most of the sicknesses experienced.
- This is because our diet in general is totally unbalanced with most eating very little fruit and vegetables, but a high consumption of grains such as wheat.
- Many take away foods (take out) are consumed on a weekly basis, together with eating out at restaurants regularly, where the way foods are prepared leave much to be desired.
- Grains, meats & all animal products, are very acidic. Meals are based on a mixture of animal proteins and carbohydrates which is very difficult on your digestion.
- We'll get more into this later...

