

Diseases and Conditions Affected by Nutrition

Nutrition affects many aspects of your health. Some of the diseases and conditions affected by nutrition are:

- Mood/memory/behavioral changes
- Fatigue and/or sleep disturbances
- Stress-related/chronic pain disorders
- Gastrointestinal/digestive complaints
- Malnutrition
- Weight issues
- Immune Dysfunction
- Joint and Skin Disorders
- Reproductive issues
- General health and sports fitness optimization

Contact Us

Our Address:

2595 Canyon Blvd STE 220
Boulder, CO 80302

Office Hours:

Mon: 9:00 am to 7:00 pm
Tues-Thurs: 9:00 am to 6:00 pm

Phone:

303-722-9000

Email:

medicalassistant@drmarylouder.com

Website:

www.drmarylouder.com

About Mary Louder, DO:

Mary Louder, DO practices a holistic approach to healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. She is board certified in both Family Medicine and Integrative Holistic Medicine.



Nutritional Testing

Your body is unique. Shouldn't your vitamin regimen be as well?

Is nutritional testing right for you?

- Do you take multiple supplements and vitamins, or think they might be beneficial?
- Do you often consume fast food?
- Do you consume fish less than twice weekly?
- Do you have metal tooth fillings?
- Do you have dry skin or cracked nails?
- Do you have trouble with concentration, memory or learning?
- Do your cuts or wounds take a long time to heal?
- Do you suffer from mood swings?
- Do you have a chronic illness with little or no relief?
- Do you have difficulty losing weight?
- Do you get sick often or are you prone to infections?
- Do you use margarine or vegetable oils with a long shelf life?

If you answer "yes" to any of these questions, talk to your doctor about the benefits of nutritional testing.

Nutrition from the Inside Out

As an informed patient, you understand that nutrition is important. You know that the foods you eat affect your health. Conversely, the things you do not consume but perhaps need may also have a tremendous impact on your body.

That's why many people take vitamins and supplements—to feel better and prevent disease. While this practice can be beneficial, many variables exist. It is important to understand which supplements are right for your body, your lifestyle and your circumstances, thus ensuring your unique needs are met without wasting money on items that could be unnecessary or even harmful.

What Nutritional Imbalances May Affect You?

Amino Acids

Amino Acids are integral to a healthy body. They serve as basic building blocks for all protein structures in the body. Imbalances of amino acids have been related to a wide range of health issues, such as fatigue, increased cardiovascular risk, or impaired mood or cognitive dysfunction.

The Advantage of Nutritional Testing

Cutting edge lab tests from Genova Diagnostics deliver precise insights about the way nutrition and environment impact your body's needs. Ask your doctor about the insights you could gain from nutritional testing to achieve optimal health.

Organic Acids

Organic acids are compounds produced during daily metabolism. Organic acids testing is a way to measure whether your body is getting and using the nutrients needed for key metabolic processes. Like a car's gauges warn of potential problems, altered levels of organic acids can alert you to the need for specific nutrients, diet modification, detoxification, or other therapies.

Fatty Acids

Fatty acids are core building blocks of cell walls, making them critical for cell structure and function. Certain fatty acids are "essential" and must be obtained from the diet. Imbalanced or deficient fatty acid levels have been related to a number of health conditions

including inflammatory, cardiovascular, hormonal, and mood disorders. Adequate levels of essential fatty acids are also critical during pregnancy and lactation to ensure proper brain and nerve development in the child.

Nutrient and Toxic Elements

Nutrient minerals are regulators of body processes and must be obtained from the diet or supplementation. Inadequate levels of beneficial minerals, such as magnesium, copper, and zinc, can contribute to many disorders including mood instability, painful joints and muscles, or reproductive issues. In contrast, increased levels of toxic elements, such as mercury, lead, or other heavy metals can be harmful and are related to a wide range of chronic health conditions.

Antioxidants

Antioxidants are protective molecules that reduce free radical damage or oxidative stress. Antioxidants are essential for the body's ability to protect against free radicals, and for healthy function of the neurological, endocrine and immune systems. Oxidative stress is linked to premature aging, heart disease, neurological diseases, and chronic fatigue.