

# Functional Nutrition. Intelligent Health

Functional Clinical Nutrition appears at a time when an answer becomes necessary in clinical situations of confusion, because despite patients showing biochemical parameters considered normal, and for this reason considered “healthy”, the patients show signs and symptoms of imbalance that jeopardise their overall health.

**F**unctional Clinical Nutrition is considered by some to be the Nutrition of the 21st Century, as it has a dynamic prevention approach, and is complementary to the treatment of complex chronic disorders, through the detection and/or correction of nutritional imbalances, such as those that occur in chronic diseases.

Furthermore, Functional Clinical Nutrition deals with health as a positive vitality, i.e., health is not merely the absence of non-communicative chronic degenerative diseases, it is the search for the state of physical, mental and emotional health, modulating all of the chemical reactions in synergy which will contribute to reaching an optimal state of health, through the use of phytochemicals and nutrients at an optimised dosage.

**Functional Clinical Nutrition is centred on 5 basic principles:**

- Biochemical individuality (no 2 people are alike)

- Focus on the individual and not just on the disease
- Optimisation and synergy between nutrients, phytochemicals and the respective bioavailability
- Pathway of metabolic interconnections
- Health as positive energy

**In the Functional Clinical Nutrition consultation, the following factors are analysed:**

- Personal and family clinical history
- Nutritional medical history
- Previous biochemical lab analyses
- Epigenetic analyses (evaluate various biochemical/nutritional/ resistance of imbalances of the various bodily systems through capillary bio resonance)
- Intestinal functioning (presence/ absence of intestinal dysbiosis/ colon
- Permeability/malabsorption syndrome
- Symptoms of food hypersensitivity
- Medication/food supplement

history

- Anthropometric assessment (via multi-compartment bioimpedance)
- Individualised diet plan, intending to reach the nutritional, immunological, neurological, endocrine and gastrointestinal balance
- Prescription of dietary supplements whenever necessary (probiotics/prebiotics, vitamins and minerals, trace elements, fatty acids, etc.)

A personalised food prescription and lifestyle is established for each individual that, when practiced as a routine, have the capacity to restore and optimise the internal functioning of the organism.

**Examples of Complementary Measures for Functional Clinical Nutrition:**

- Intestinal Dysbiosis: quantitative study of resident intestinal flora, for determination of intestinal function imbalances: absorption/



digestion/immune system, etc. Clinical application in Malabsorption Syndrome/Irritable Colon/Flatulence/Obstipation/Mild Diarrhoea, etc.

- Brain Screen: analysis indicated for behavioural/humour and cognitive problems in children/adults/the elderly and those who hope to optimise their brain function. Application in Attention Deficit/Hyperactivity/Dementia/Alzheimer's, among others.
- Food Hypersensitivity (A200): analysis that determines which are the foods with potential abnormal reactions that upset the functioning of various systems, such as gastrointestinal/neurological/respiratory, etc. It also takes on

particular importance when faced with a framework of resistance of weight/retention of liquids.

This area of scientifically valid **Clinical Nutrition** contributes to the improvement, recovery and maintenance of the state of health of the individual, when their nutritional needs are out of balance, expanding the already existing area of knowledge and resources, while also contributing towards the emergence of healthier generations. Feed your Health. Adopt a Functional Nutrition.

At HPA Health Group the **Functional Nutrition Consultation** is performed by **Dra. Ana Rita Horta**.



Because your health is of Particular Importance.

## NUTRITION

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