

Nutrition Care



Whole foods:

our front line natural medicine, available in our gardens, fridges, local farms and here in Alaska, fish in rivers and deep, clean waters, or via a hunting lifestyle:

our best bet for improving health and preventing disease.

Fresh, organic

vegetables, fruits, whole grains, nuts, and legumes:

a bevy of beneficial nutrients, antioxidants, anti-inflammatories, anthocyanins, and phytochemicals not present in processed foods.

Soils are nutrient deficient, unfortunately, on most large industrial farms, and many crop regions of the Lower 48, , and so, even with the best intentions, it isn't always possible to get the garden of nutrients you need from the produce and sourced foods you eat - but it's the best, strongest place to start!

High quality supplements and nutraceuticals fill in the nutrient deficits to boost and restore health.

There are other important reasons to consume raw veggies and fruits, grass fed animal proteins, high fiber legumes, seeds, beans, raw dairy or no dairy products - and quite importantly, less to no refined sugars as a primary means of breaking the inflammation chain.

Ask Ryan about the best combinations of food for health, about supplements and nutraceuticals that can fill in any deficits, and about the bio-chemical changes that happen in your body, for your benefit, when you choose good nutrition.