

Ecclesiological Approach



Here at St. Michael's Holistic Natural Health Center, we are proud to view our clients as "whole beings". A true holistic practitioner acknowledges the importance of the "spiritual being" for healing to take place.

Learn how diet, vitamins and herbs facilitate certain spiritual aspects of the individual. Learn how the wrong foods, improper energy, poor energizing practices affect our well-being. And why these wrong practices may be responsible for some of the spiritual deviations of today. Not every food is healthy for everyone. Even healthy foods!

In some eastern cultures, understanding spiritual connection with nutrition and mind health are more profoundly understood than here in the west. For example, Ayurvedic Medicine introduces us to **earth, wind, and fire**. No, not the rock group. They are the three dosha that connect how foods affect our spiritual well-being and mind.

We can apply the same concepts of diet here in the west. By knowing how mucous forming foods, spicy food and pungent food affect our well-being, one can adjust their diet to their individual needs.

Since these needs are dynamic, they often must be adjusted from time to time. Individual needs are not static. They are very well dynamic, and shift from time to time.

Through consultations and coaching, we can have you on your way to better health !