



INTERNATIONAL CENTER FOR
PERFORMANCE & HEALTH

innovation acceleration elevation

O: 303.756.ICPH(4274) | F: 303.756.0743 | www.ICPHbalance.com

NUTRITION SERVICES

What is the importance of Nutrition?

Nutrition is a key component to human health that involves the processes by which a person assimilates and uses food for physical, emotional and mental maintenance and growth.

Who can benefit from Nutrition services?

Everyone can benefit from a proper nutrition program customized to his or her current level of physical activity and health status. Nutrition can have a major impact on many disorders and diseases including:

- Cardiovascular disease
- Obesity¹
- Some forms of cancer (prostate², colon³, lung⁴)
- Type 2 diabetes¹
- Osteoporosis^{5, 6}
- Kidney disease⁷
- Eating disorders⁶

A well-designed, scientifically research-based nutrition program is essential to maximizing all aspects of the performance health balance equation.

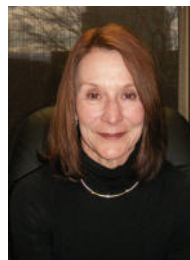
What are some of the benefits of a well-planned

Nutrition program?

- Improved performance
- Improved health
- Decreased risk of disease and illness
- Increased daily energy
- Increased longevity
- The promotion of well-being

What types of Nutrition services are available?

- Weight management
- Medical nutrition therapy
- Nutrition analysis
- Sports nutrition counseling
- Grocery store tours



Suzanne Martin, R.D./Ph.D. has been counseling and teaching nutrition at the graduate level for over 30 years. She has helped a wide range of individuals take control of their nutritional choices that lead to a healthier lifestyle and improved performance.

REFERENCES

1. Yee et al., The Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases: monitoring progress in funded states. *Prev Chronic Dis.* Jan;3(1):A23, 2006. Epub 2005 Dec 15.
2. Segev & Nativ, Nutrition and pharmacological treatment for prevention of prostate cancer. *Harefuah.* Jan;145(1):47-51, 76-7, 2006.
3. Bingham, The fibre-folate debate in colo-rectal cancer. *Proc Nutr Soc.* Feb;65(1):19-23, 2006.
4. American Institute for Cancer Research. http://www.aicr.org/site/PageServer?pagename=dc_diet
5. Cosman F, The prevention and treatment of osteoporosis: a review. *Med Gen Med.* May 11;7(2):73, 2005.
6. Sanborn et al., Disordered eating and the female athlete triad. *Clin Sports Med.* Apr;19(2):199-213, 2000.
7. Zhang et al., Kidney disease and the metabolic syndrome. *Am J Med Sci.* Dec;330(6):319-25, 2006.

TEAM-BASED 360° CARE

MEDICINE | PERFORMANCE PSYCHOLOGY | PHYSICAL THERAPY | SPORTS MEDICINE | EXERCISE PHYSIOLOGY
NUTRITION | ACUPUNCTURE | ENERGY CORRECTION | MEDICAL MASSAGE THERAPY

1720 S. Bellaire St. | Penthouse | Denver, CO 80222