



Are clinical diagnoses really just symptoms?

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How nutrient dense diet, lifestyle, mindfulness and targeted Supplementation can impact and improve Overall health

Abstract:

The connection between nutrition and disease is becoming more and more clear. New science is showing that diagnoses like Alzheimer's, Multiple Sclerosis, Diabetes, Lupus and many other clinical and autoimmune conditions are rooted deeply in the way the body digests processes and absorbs nutrition and the environment. The current medical standard of care must adapt into collaboration with this new insight. Treating conditions and achieving results involves more than just medication and a seven day meal plan.

Approaching wellness from the perspective of what we put in and on our bodies through the five senses - from food, to air, to noise, to vision, to topical products - and how that impacts the body's homeostasis is key. We will dive into some of the best practices I have distilled through my experience and success with real world individuals in clinical and functional nutrition, Ayurveda, Chinese medicine and mindfulness restoring, replenishing, rejuvenating, and rebalancing their bodies from

The inside out



Biography

Alana Kessler, MS, RD, CDN, E-RYT is a Registered Dietitian, nutritionist, weight management expert, and an accredited member of the CDR and American Dietetic Association. She is also a yoga and meditation teacher, Ayurveda specialist, Nutrition and Wellness Journalist at Bio News, and the founder of the New York City-based fully integrated mind, body, and spirit urban sanctuary, BE WELL. By Alana Kessler. A sought after wellness and leadership speaker, Alana also leads Yin Yoga workshops and trainings as well as yoga retreats in exotic locations. Her health and wellness expertise has been featured in Aaptiv.com, Droz.com, EatThis.com, RD.com, Redbook, WomensHealthmag.com, and Vogue.