

# HEALTH CARE FOR SENIORS

## NUTRITION FOR SENIORS

As you age, your body needs more nutrients to stay healthy. But as your body slows down, you need fewer calories. In addition, as you grow older, your stomach secretes fewer digestive acids, so getting the nutrients you need becomes even more challenging. A naturopathic doctor can recommend foods and supplements that will provide the right balance of vitamins, minerals and macronutrients to keep your mind and body healthy.

## PAIN AND MOBILITY

Chronic pain, arthritis, osteoporosis, illness or lack of fitness can make it hard to get around. A naturopathic doctor can help you improve your physical mobility by identifying and treating the underlying causes of your discomfort.

## BONE AND JOINT HEALTH

A naturopathic doctor can recommend diet and lifestyle changes, plus supplements and treatments such as acupuncture and hydrotherapy to help reduce the severity of arthritis, osteoporosis and other bone and joint problems.

## HEART HEALTH

Whether you currently have a heart problem or simply want to prevent one, a naturopathic doctor can help. Careful diagnosis, diet and lifestyle adjustments, and appropriate supplements help to keep your cardiovascular system healthy and strong.

## MEMORY AND MOOD

Often, mental processes including memory and mood are affected by diet and lifestyle factors. By pinpointing the cause of the problem, your naturopathic doctor can recommend appropriate foods, self-care habits, nutritional supplements, herbs and treatments.

## PRESCRIPTION MEDICATIONS

As well as causing side effects, prescription medications can deplete our bodies of the nutrients we need to stay healthy, contributing to chronic nutritional deficiencies.

With diet changes, supplements and body work, *a naturopathic doctor can help you:*

- a) Reduce the side effects of medications; and
- b) Prevent nutritional deficiencies that contribute to mental and physical health problems.

### **The Robert Schad Naturopathic Clinic**

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