

Healthy Living With Whole Foods

By [Rebecca Jackson](#)

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Nutritionist brings her expertise to The Well in Centertown Bedford

You are what you eat.

If you consume a fat, calorie-laden diet full of sodium, carbohydrates and other unhealthful substances, it may eventually make you sick, or at least aggravate existing health problems.

Conversely, a nutritious menu full of fresh foods, followed in conjunction with the care of a physician, may help make you well again.

Hippocrates said, "Let food be your medicine, let medicine be your food."

"I believe in that philosophy," said Mitra Rash, a certified nutritionist whose services are but one of a medley of health and fitness programs offered by The Well in Centertown Bedford.

Rash, a woman of elegance and grace whose dark tresses frame a porcelain face and large, expressive eyes, is an American citizen born in the Middle East. She grew up in France. Consequently, she has a vast world view that embraces the best and most healthy cuisines of many cultures. It is reflected in the many wholesome foods she creates for family and clients.

"I am interested in wholesome, healthy forms of eating," she said. "I am interested in the nutritional properties of food, healing foods and ancient wisdom," reflected in those foods.

Today, people may be interested in creating healthy dishes that also taste good, but they live harried lives and have less time to spend in the kitchen than earlier generations. Rash's clients want to know how to better feed their families with recipes that provide healthful, yet convenient alternatives to canned foods and TV dinners.

"I do one-week menu planning according to a client's income," Rash said, "with an emphasis on fresh items based on economic resources. People like my recipes. I provide recipes I've used, and that friends have used to prepare meals in their own homes."

Degenerative diseases have reached epidemic proportions in our society, and people are turning to nutrition to help themselves.,

Appointments with Rash last one hour, as she personally tailors a sound nutritional program for each client. Rash believes that if you eat the right foods, you will get optimal health benefits. She says she has seen positive results in the folks she has counseled over the years.

Each client is asked to fill out a questionnaire detailing such factors as medical problems, health conditions they'd like to see improve, lifestyle, and level of stress.

"I get a comprehensive view of the person and go over their eating habits," Rash said. "I ask them to keep a food diary, which I can examine. I take pride in giving individualized attention. My approach is to avoid too many technical terms, or bombard them with information. If someone has the willingness to change, with positive encouragement, it is doable, you can attain it.

Her brochure asks the following questions, definitely food for thought:

"Are you looking for healthy ways to address your medical condition and reduce your dependence on medications?"

"Are you wondering if you are taking the right supplementation?"

"Did you know that men's and women's health and diet needs change with age? Are you making the necessary changes for optimal health?"

"Are you looking for healthy ways to address your medical condition and reduce your dependence on medications?"

"Are you building your children's health through the foods you put in their bodies? Are you creating a strong and healthy adult?"

"Bombarded with all the advertisements about carb and protein diets, is either one right for you, or is there more to the story about overcoming health problems?"

More and more physicians are turning to nutrition to supplement and enhance other treatments and medicines, according to Rash, the mother of two daughters, age six and eight.

Rash does not believe in deprivation, but rather moderation with a generous infusion of healthful, fresh foods.

"Education in nutrition is the key to recovery," she said. "Moderation is a key to success."

Medical maladies such as diabetes, high cholesterol, excess weight, high blood pressure and irritable bowel syndrome did not occur overnight, Rash maintains.

"My clients leave with knowledge as their tools, implement them, we do a review the second week, and then do more," Rash said. "I offer encouragement. I go with the speed of my client. With every session, my clients see more and more what they should be doing. I am so inspired by my clients, all have made progress. It's gratifying to me to steer them in the right direction. They are the ones making the changes. I help them to see nutrition in another way in order for them to stay healthier."

To learn more, contact Rash at 540-330-9765.

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