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Accountability

Accountability is the state of being accountable, liable or answerable. Accountability in the world of natural health and fitness is a self-imposed obligation and a willingness to accept responsibility for what one thinks, says and does. The key root word is account. To account in this context means to analyze and review one's thoughts, words and actions objectively.

Accountability is an essential concept in functional medicine and alternative health care. The emphasis is placed on what we've done to get where we are, as opposed to just knowing where we are. In the spirit of true causality, the concept of accountability puts the onus on the patient to investigate, measure and connect personal and relevant lifestyle variables including attitude, actions and environment to their present state of health.

Accountability is not a popular concept in mainstream consciousness or conventional medical circles. Accountability implies that illness, disease, infection and excess body fat are caused by more than genetics alone or bad luck. Accountability relegates responsibility towards the patient.



In natural functional medicine disease is never “treated”. The patient is. But this is much more challenging and time-consuming. Patients are viewed as unique individuals with a plethora of emotions. It takes time to evaluate someone’s lifestyle and environment, including what they eat and drink.

“What do you eat?” These are the four most important words a CSNA graduate can ask any client. An itemized account of food and drink is absolutely required to achieve optimum health and wellness. Nutrition affects and influences everything including energy, ambition, moods, body composition, recovery, sleep, immune function and resistance to stress. Nutrition and fitness are essential tools utilized by every health mechanic.



Audio Excerpt SNU V5N12 (part 3)

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CSNA Graduate Quote

"Choosing total health requires small, seemingly mundane daily actions that sometimes appear fruitless. But, with faith, patience and endurance, big personal changes slowly come and manifest the quiet attitude of limitless growth. It is best said that "if you are not pushing for a miracle, then what's it all for?""

~ Debbie Perry CSNA Master – Ogden, Utah USA



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