

Press Release: June 11, 2016

A New Food Idea



Emily Isaacson, holistic nutritionist, is opening a new clinic this month on First Avenue in Mission to serve the Fraser Valley and Greater Vancouver. Her dream to take quality nutrition care to the next level is evidenced in her passion for both food and affordable healthcare. She hopes that through her efforts people will be able to see that their symptoms and constitution are affected by what they eat. “Food and mood are intricately connected,” she says.

Isaacson’s colorful food program of daily recommendations without the numbers is called the Rainbow Program. According to the Rainbow Program website her “holistic approach makes nutrition practical,” by defining what to buy at the grocery store, minimizing allergic reactions to foods, teaching how to consume them in their whole natural state, eventually graduating the patient to a healthful lifestyle.

Isaacson is hoping her clients will discover how to substitute food colorings for the benefit of naturally colored foods, providing a balanced rainbow to the body and to the palate. She has spoken at community centres, conferences, high schools, and food banks to make nutrition education accessible where it might not be. She believes that everyone should have the option of learning about nutrition so they can choose what to eat when given the opportunity.

This holistic nutrition for all ages, involves her making an individualized food plan for each client. This she has done for 17 years, since graduating from Bastyr University with a degree in nutrition. Bastyr is located in Seattle, Washington, and has educated other local naturopaths, such as Clearbrook Naturopathic Clinic’s Dr. Robert Ewing.

Isaacson’s nutrition mantra has gone global with over half a million visits to her websites over the last decade. She depends on partnering with other healthcare providers to offer the medicine of the future, care through holistic teams. This, she envisions as all the patient’s healthcare providers working together in harmony. She is currently receiving referrals from approximately 400 professionals in the Fraser Valley and Greater Vancouver. After a decade in

private practice, Isaacson is pleased to announce the grand opening of the P U L S E Nutrition Clinic at 33077 First Ave, in Mission B.C. on June 15. Also visit her online at www.pulsenutrition.org.