



Palladium Private

PRIVATE HEALTH REATREAT PROGRAMS

Food Philosophy

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RETREAT NUTRITIONIST

Meals at Palladium Private are designed specifically to nourish your body and assist you in reshaping your relationship with food as you journey towards health and wellness during your stay with us.

Our focus is on fresh, seasonal whole foods prepared on-site from scratch by our chefs. Each meal is designed with optimum nutrition in mind and ensures you receive an ideal balance of macro and micronutrients across each day.

Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, and are free from additives or other artificial substances before being consumed.

Whole foods are the basis of each meal we prepare and serve. This is in contrast to the foods that are prevalent in our society - manufactured and packaged foods, fast foods and convenience foods - which are now contributing to a rapid increase in chronic diseases like obesity, diabetes, mood disorders and cardiovascular disease.

Changes to what you eat, how you eat and other lifestyle habits like exercise can prevent these diseases, reduce the burden and in some cases even reverse the disease. Our nutritionist provides education sessions to help you understand the role of food in your health and how to make changes, and our chefs run a food school each week to help you with the basics of preparing and cooking with whole foods.

We have removed gluten, dairy, refined sugar and caffeine from the meals we prepare to assist you in returning to optimum health and wellness. The basis for this decision is based on the most recent scientific, health research.

- Some people are allergic, intolerant or have a food sensitivity to gluten and dairy, and for many these foods can cause an immune response and significant inflammation resulting in compromised gut health, nutrient deficiencies, autoimmune diseases and poor general health.
- Research shows that for some people caffeine can be addictive, disruptive to sleeping patterns and can make some people feel more anxious and stressed.
- Added sugar contains no essential nutrients, is addictive and research has linked high sugar consumption to many serious diseases including obesity, heart disease, type 2 diabetes and cancer. Sugar interferes with hormones in our bodies that regulate hunger and satiety, and blood glucose metabolism which can lead to increased calorie intake, weight gain and insulin resistance (pre-cursor to type 2 diabetes).

It is important for your health to consume protein from plant and/or animal sources, carbohydrates, healthy fats and water each day. A balanced intake of these “macronutrients” will help to ensure you are getting the micronutrients like vitamins and minerals, fibre and other compounds like phytonutrients found naturally in fresh whole foods. Together, these nutrients fuel your body and help you to be your best mentally and physically.
