

Food provides the human body with calories which it then converts into energy. However, not all foods are created equal in this regard. Southern Environmental Medicine Center, an [Atlanta integrative medicine practice](#), suggests a regular diet that is high in different energy-boosting foods for a healthier and more satisfying eating experience.

Something as simple as choosing good carbohydrates such as whole wheat bread and brown rice can make a big difference, according to the professionals at this [Atlanta natural health clinic](#). Good carbohydrates are absorbed by the body more slowly, thus keeping blood sugar and energy levels stable. They also increase the supply of serotonin to the brain, the feel-good chemical that boosts positive mood levels. Supplements such as [Rule 1 Protein powder](#) may assist as well.

When asked what sets her practice apart from other health clinics in the area, Dr. Susan Tanner, Principle Practitioner at Southern Environmental Medicine Center said, "Our specialization is the diagnosis and treatment of environmentally triggered diseases. We address the root of the illness and not just the symptoms, providing holistic solutions that rely on natural methods. Every patient who comes to us has a unique set of health and life circumstances. We get to know each one of them very well and craft an individualized treatment plan for them."

Some of the best [holistic doctors in Atlanta, Ga.](#), can be found at Southern Environmental Medicine Center. They are committed to serving the health needs of the community by delivering personalized treatment plans for their patients and helping to improve not just their health, but the quality of their daily lives as well.

Visit <http://www.susantannermd.com> to learn more about your health and the environment.

About Southern Environmental Medicine Center: Dr. Susan Tanner and her experienced team provide the best environmental medicine in Atlanta. They use intricate diagnostic testing to find the source of the illness in their patients and provide a personalized plan to help them recover. Their treatments assist patients in healing for the long term and improving the overall quality of their life.

Atlanta Natural Health Clinic Southern Environmental Medicine Center Discusses Energy Foods

Written by Australian Business

Learn more at <http://www.susantannermd.com> .