

Nutritional Therapy

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Your sense of physical and emotional wellbeing is affected by your diet, your lifestyle and your environment. I will work with you to help you to understand how to improve these factors to achieve a healthier life. I aim to give you the knowledge that you need to feel the best you can, all of the time. You will learn to listen to your body and recognise what it needs, so increasing your awareness of your own health and your ability to influence it on a daily basis. Looking at it technically, I will work to change your biochemistry to a more balanced state.

Each person lives a unique life and therefore has unique dietary and nutritional requirements. You are assured of a personalised and comprehensive approach to diagnosis and treatment. In addition to dietary and nutritional advice, recommendations may include guidance on natural, gradual detoxification, methods to support digestion and absorption, procedures to promote colon health and general lifestyle changes. I may also recommend other complementary practices such as reflexology, acupuncture, massage and homeopathy.

The healing process can be rewarding and inspiring; for some people it is life changing. As such, I aim to create a healthy, sensitive interpersonal relationship with you to ensure our sessions offer as much therapeutic value as possible. My main role is to educate and encourage you to take responsibility for your health, as it is you who ultimately creates the healing.

The practicalities

Prior to attending your first session, you will be asked to complete a comprehensive personal survey, which we will review in detail when we meet. This will allow me to understand your overall health picture (past and present), to assess your nutritional requirements and to agree an individual programme for diet and, if appropriate, supplementation to help you address both your immediate problems and, over time, improve your overall health and wellbeing.

When we meet, you can be assured of:

- Ø A safe, comfortable place
- Ø Unconditional positive regard
- Ø Empathy

- Ø A clear explanation of any recommended treatments

- Ø Complete confidentiality

The first session will last around 90 minutes. Any follow up sessions will typically last for 30-45 minutes. Some people take enough away from the first session and may not feel the need for any follow up. Others will have one further session, some will have as many as 5, and other people will choose to have maintenance / review sessions every few months. It is flexible to your needs.

Telephone / email support is available between sessions so you can maintain a dialogue with me if you feel you need to. We will agree an appropriate charge depending on the level of support required.

Benefits

Almost everyone can benefit from nutritional therapy, whether you are suffering with a specific illness or simply want to feel more energetic. If you are:

- Ø Interested in feeling your best, with increased vitality and wellbeing

- Ø Feeling run down, fed up of being tired and in need of a boost

- Ø Fed up of going to the doctor's for niggling problems

- Ø Taking medication for a condition but would like to find an alternative

- Ø Recovering from an illness

- Ø Interested in improving your diet but not sure where to start

- Ø Keen to make sense of all the different messages about what's good for you and what's not

- Ø Taking supplements and eating well but still feeling below par

- Ø Feeling low and struggling with mood swings

- Ø Preparing for pregnancy or pregnant

- Ø Struggling to maintain a healthy weight

- Ø Seeking help for children with allergies, food intolerances, weight issues and behavioural problems

…then I can help.

During times of ill health it can also provide support to help the body towards normal function. Conditions commonly

improved through nutritional therapy are:

- ü Asthma
- ü Candida Albicans
- ü Hyperactivity and ADHD
- ü Insomnia
- ü Joint and muscle pains
- ü Low energy
- ü Polyps and fibroids
- ü Intestinal problems such as IBS, malabsorption, Crohn's disease, coeliac disease, heartburn, bloating, abdominal pain, flatulence and indigestion
- ü PMS, problem periods, polycystic ovaries and menopause issues
- ü Arthritis
- ü Skin conditions, (Eczema, Psoriasis, Acne)
- ü Cardiovascular complaints (high blood pressure, elevated cholesterol)
- ü Cravings
- ü Allergies
- ü Migraines and headaches
- ü Depression, stress, mood swings and anxiety
- ü Infertility
- ü Type 2 diabetes

As well as addressing specific symptoms, treatment programmes will result in:

- ü Consistent energy levels
- ü Healthier skin, hair and nails

- ü Improved sleep
- ü Increased libido
- ü Fewer colds and infections
- ü Positive mood
- ü Mental clarity and concentration
- ü Stable, healthy weight