

The Nutritional Therapy process/ Joy of Taste nutrition.

We initiate our process with a free 15-minute call, providing an opportunity for us to acquaint ourselves. This allows me to grasp your health-related concerns and enables you to ascertain if I am the appropriate professional for your needs.

Subsequent to this call, I will forward to you an extensive online health questionnaire. This information, combined with a completed food and symptom diary, prepares us for your 1 hour and 45-minute consultation call. During this session, we delve into your comprehensive health history, your personal health aspirations, environmental factors, lifestyle, and dietary habits. Following the consultation, I will design and formulate a personalised Nutrition and Lifestyle plan. This plan outlines progressive and practical alterations to your dietary choices and positive practices that can be seamlessly integrated into your routine, in the pursuit of your health objectives.

The initial plan spans 4-6 weeks, after which you may participate in additional consultations depending on the package you choose. These consultations serve to assess successful strategies and areas where further support for long-term health may be required. Should it be relevant, I may propose additional diagnostic testing to gain deeper insights into your physiological state, as well as suggest supplements tailored to address your specific requirements.

I do not prescribe to traditional 'diets', recognising their inefficiency for long-term health. My approach is recognising the uniqueness of your physiology, as there is no universal solution in the domain of health and nutrition.

I specialise in creating evidence-based, individualised nutrition plans tailored to your unique routine. While these changes might not always be effortless, my dedication is unwavering in supporting you through this transformative journey. I aim to enhance your comprehension of your health and guide you in achieving the sense of well-being you aspire to attain.

How Nutritional Therapy Can Benefit You

- Alleviating Digestive Issues - Bloating, gas, cramps, constipation, and diarrhoea
- Boosting Energy Levels - Mitigating fatigue, lethargy, and enhancing focus
- Managing Hormone Imbalances - Addressing PMS, menopausal symptoms, thyroid and adrenal health, PCOS, acne, and mood fluctuations
- Enhancing Sleep Quality - Overcoming poor sleep, night sweats, grogginess, and daytime fatigue
- Weight Management Support - Navigating weight challenges across life stages
- Optimising Overall Health and Well-being, supporting age related decline

Health and Nutrition MOT £250

For those seeking a rapid evaluation of their existing lifestyle without complex health issues, a single 1 hour and 45-minute session could be ideal. This package commences with an in-depth 1 hour and 45-minute consultation, delving into your medical history, current health status, dietary habits, and lifestyle choices. A tailored nutrition and lifestyle plan is designed, generally followed for 4-6 weeks depending on individual progress. If needed, a GP referral letter can be provided for recent health assessments, along with guidance on available private health tests. The package also includes easy-to-implement recommendations for diet and lifestyle, along with a well-balanced recipe plan.

Package Inclusions:

- Initial 1 hour and 45-minute consultation
- 1 subsequent 30-minute follow-up session
- Comprehensive assessment of your current diet and lifestyle
- Ongoing Email and WhatsApp support between sessions
- Personalised nutrition and lifestyle plan after each consultation
- Provision for functional testing and analysis, if required
- Supplement recommendations and review, if necessary
- Supporting documents and recipes
- 10% discount on recommended supplements

Health and Nutrition Package £350

This comprehensive package initiates with a 1 hour and 45-minute consultation, delving into your health history, current well-being, dietary patterns, and lifestyle choices. A personalised nutrition and lifestyle plan is developed, typically followed for 4-6 weeks based on individual progress.

During the follow-up consultation, we review achievements, challenges, and adaptations in your health journey. If pertinent, test results are incorporated into refining your nutrition and lifestyle plan.

You'll have access to my support via email between follow-up sessions, and we'll review your supplement regimen as needed.

Package Inclusions:

- Initial 1 hour and 45-minute consultation
- 3 subsequent 30-minute follow-up sessions
- Comprehensive assessment of your current diet and lifestyle
- Ongoing Email and WhatsApp support between sessions
- Personalised nutrition and lifestyle plan after each consultation
- Provision for functional testing and analysis, if required
- Supplement recommendations and review, if necessary
- Supporting documents and recipes
- 10% discount on recommended supplements

Follow-Up Consultation £120

Designed for individuals seeking additional support after an initial package, this option is suitable for those desiring continued assistance following a few months of collaboration. We revisit your progress over the past months and formulate a plan to build upon the changes already implemented.

Package Inclusions:

- Thorough and clear revision of the nutrition and lifestyle plan
- Supplement plan adjustments if necessary
- Email support as needed
- Insightful functional testing analysis and guidance
- 10% discount on recommended supplements