

# Is nutritional therapy for you?

Nutritional therapy is a whole-body approach to personalised nutrition and lifestyle medicine, addressing the root causes of ill-health, rather than focusing on symptoms.

It identifies why the imbalances are there and what are the underlying causes of health conditions.

Our lifestyle, what and how we eat, the environment we live in and our emotional state all have an impact on our health and wellbeing.

Many chronic conditions and day-to-day fluctuations in health can be linked to the individual nutrition and lifestyle.

Nutritional Therapy can get to the root causes of many health concerns (more than you might think):

- Digestive complaints (acid reflux, IBS, bloating, constipation, diarrhoea, IBD, leaky gut, candida...)
- Hormonal imbalances (PMS, PCOS, endometriosis, fertility, fibroids...)
- Thyroid & adrenal health (Hashimoto's...)
- Type 2 diabetes
- Fatigue & energy
- ME & chronic fatigue
- Sleep disorders
- Headaches/Migraine
- Immunity (Food allergies & intolerances, impaired immune function, autoimmunity...)
- Low mood, poor concentration & memory, depression & anxiety, stress
- Asthma, Hay Fever & Sinus problems
- Skin problems (Eczema, psoriasis, acne...)
- Cardiovascular health and Cholesterol management, high blood pressure
- Osteoarthritis, rheumatoid arthritis, osteoporosis, cramps, muscle and joint aches/pain
- Detoxification processes
- Disease prevention
- Weight management

***Food is information that can transform our biology.***

If you suffer with chronic conditions and recurring symptoms book your free call and I can help you.

