

EAT YOURSELF BACK TO HEALTH

With Naturopathic Nutritional Therapy

What is Naturopathic Nutritional Therapy?

Nutritional Therapy is an individual-centred approach to healthcare that employs assessment and intervention using nutritional, lifestyle-based and related health sciences. This assists the individual to optimise their physiological, emotional, cognitive and physical function.

The key focus of Nutritional Therapy is to achieve wellbeing and good health by balancing and sustaining the function, structure and energy processes of the body. This approach recognises that diet and lifestyle are among the factors that most profoundly influence the body.

Nutrition and lifestyle approaches to healthcare have been shown to support the health of all the major systems of the body (skeletal, muscular, nervous, respiratory, cardiovascular, digestive, excretory, endocrine, immune, reproductive and integumentary [skin, hair, nails]).

Typical priorities in nutritional therapy consultations are support to achieve optimum energy levels, healthy blood sugar balance, emotional and psychological wellbeing, optimum gastrointestinal health and tolerance to a broad range of food groups.

What can I expect from the consultation?

A nutritional therapist's work starts with a client consultation of 1-1.5 hours that involves:

- Detailed analysis of your dietary and nutritional intake.
- Detailed health and family case history.
- A strategy for health - linking the symptoms to nutritional imbalances then providing support and encouragement to change diet and lifestyle.
- Action Plan - personalised advice for diet and lifestyle changes.
- Supplement Programme - details of any recommended nutritional supplements.
- The recommendation of non-invasive clinical tests if required, to help ascertain any suspected underlying conditions.

A follow-up session of 45-60 minutes will be arranged for 4-6 weeks later.

SAY HELLO TO JACKIE ASHDOWN

Nutritional Therapist, exclusive
to Soho Gyms Borough.
(DipNT CNM, mBANT)

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Benefits of Nutritional Therapy:

- Support and maintain optimal digestion and absorption
- Promoting emotional and psychological wellbeing, within the pressures of a modern lifestyle
- Optimise healthy blood sugar balance and energy levels
- Encourage tolerance to a broad range of foods/ food groups
- Supporting and encouraging metabolic and hormonal balance
- Promoting natural detoxification and elimination pathways
- Optimise healthy immune function and performance
- Support skin vitality
- Promote and maintain optimal thyroid function and performance
- Optimising fertility

PRICES:

Initial Consultation
(60 - 90 minutes)..... £70

Follow up
(45 - 60 minutes) £50