

I'm [REDACTED]

## Functional Medicine Practitioner & Nutritional Therapist

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I help women to use nutrition to heal & achieve optimal wellness

Many of my clients are struggling with chronic ill health from arthritis, autoimmune conditions, chronic fatigue, digestive issues, skin conditions, migraines, hormonal imbalances, and sinus problems - to name just a few of the things that bring them to me!

Conventional medicine will often only address your symptoms and it won't look into the underlying reasons why you have presented with them in the first place.

Functional medicine is very different. It looks at why you have these symptoms and takes a natural approach to address them.

My aim is to resolve the underlying factors that caused the symptoms so they don't pose a long-term problem for you through a combination of nutrition and lifestyle tools.

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## **I Know The Healing Power of Food**

My story began with a series of vague but frustrating symptoms that steadily took over my life.

But every time I had tests, they always came "normal."

And then I was given the words that so many of my clients also hear from their doctor: *There's nothing wrong with you. It's all in your head.*

But deep down, I knew something wasn't right.

I started to work with a functional nutritionist, which helped me understand what was happening in my body.

The lab tests she carried out showed I had hormone imbalances, gut issues, and a sluggish thyroid.

Once we began to address these, I began to feel much more like "me."

Food wasn't the only solution here but it played a huge role in healing my gut and balancing my hormones.

My journey towards better health prompted me to train as a functional nutritionist too.

Having used nutrition to transform my wellbeing, I want to help more women take control of their health.

**[Book a consultation]**

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## **A Unique Approach To Your Health**

As a functional medicine practitioner, I take a holistic whole-body approach to your health.

I believe that addressing symptoms only scratches the surface and doesn't get to the heart of what's happening in your body.

If you're only treating the symptoms, you'll never remove the factors that have led them to emerge and crucially, you'll never resolve them.

I dig deep until I uncover why the symptoms have happened and how to manage or reverse them so you can achieve optimal wellness.

Once we know what's contributing to your symptoms, we can use nutrition and lifestyle changes to promote healing.

I'll help you to take control of your wellbeing by:

Looking for any deficiencies and imbalances that may be linked to your symptoms

Addressing lifestyle factors that may be contributing too, such as sleep, exercise, toxins, and stress.

The plan we put into action will be personalised to you based on your lab results, lifestyle, and health.

**[Book a consultation]**