



10 reasons to see a nutritional therapist

Kate Arnold

A nutritional therapist isn't just someone you see if you want to lose weight, they can help to prevent and cure all manner of conditions, boost your energy levels and improve your overall health. Wellbeing's Nutritionist Kate Arnold sets the record straight.

Nutritional Therapy can help with many different conditions. It seeks to alleviate or prevent illness through dietary modification. The old adage, "we are what we eat" is remarkably true. 90% of our body renews itself every three months and the building materials come from the food we eat. This is why good nutrition is paramount to good health.

Most of us try to eat a healthy diet but get confusing messages from the media about what we should and shouldn't eat, and which supplements we should be taking. A consultation with a nutritionist will provide you with an individual programme of suggesting foods that may improve your health and if necessary recommend nutrients to help rebalance your body and get you back on the path to optimal health.

More and more people feel they need to be listened to and want more than a quick five minutes with their GP. Nutritional therapists believe that everyone functions differently, have different nutritional requirements and all tolerate food in a different way. Along side tests that your GP can perform, a nutritional therapist can go one step further and to help understand more about how you function and what is wrong with you. Blood and stool tests are often used to help target the appropriate treatment. These include stool tests for candida, parasites, yeasts and gut flora, lipid screens, homocysteine screening, vitamin and mineral profiles, allergy testing, blood pressure, cholesterol testing, full diet analysis with meal and recipe ideas individual to your needs.

*Information supplied by Kate Arnold
www.katearnoldnutrition.co.uk.*

Nutritional therapists trained to help treat all health problems including the following:

10 reasons to see a nutritional therapist

- If you have tried conventional medicine and you're still suffering
- If you feel run down and tired all the time
- If you want to reduce your risk of major diseases eg. cancer and heart disease
- If you having problems conceiving
- If you are suffering from hormonal imbalances, PMT or symptoms of the menopause
- If you have high blood pressure, high cholesterol or heart disease
- If you suffer from chronic bowel disorders, IBS, yeast infections or cystitis
- If you are suffering from stress, anxiety or depression
- If your child is suffering from asthma, eczema or ADHD
- If you are suffering from joint pain, arthritis, osteoporosis or fibromyalgia

See Yourself Through New Eyes



- ♥ create unique romantic gifts
- ♥ boost confidence & self esteem
- ♥ celebrate milestone birthdays

To see examples of my work visit
www.libertyphotography.co.uk
then call: Jane Lancashire: 07703 460180

(Female photographer specialising in fine art female nudes - private studio nr T.Wells)