

Naturopathic Nutritional Therapy



Naturopathic Nutritional Therapy is the use of **nutrition science** alongside time-proven **natural** methods of health and healing. Laura uses a wide range of tools to assess and identify potential **nutritional imbalances** to help understand how these may contribute to your symptoms and health concerns. After a thorough case history, a personalised nutrition and lifestyle program is developed to help address these imbalances and support you in achieving and maintaining **optimal health**.

Health Conditions that Respond Well to Nutritional Therapy

- Gastrointestinal problems
- Blood sugar imbalances
- Fatigue
- High Cholesterol
- High blood pressure
- Mood and energy imbalances
- Stress, depression, anxiety and overwhelm
- Skin conditions
- Immune problems
- Hormonal Imbalances, reproductive, thyroid and adrenal health
- Overweight and metabolic imbalances
- Inflammation, acidity, general aches and pains
- Nutritional deficiencies

When you book an appointment you are emailed a health questionnaire and food diary to complete and return prior to your initial consultation.

What to Expect in the Sessions

The Initial Consultation

Duration - 1 hour

- **Establish goals**
- **Top-to-toe** health assessment & case history
- **Body Composition Analysis**
Weight, BMI, BMR, Body Fat %, Muscle %, metabolic age.
- **Physical assessment**
Measurements, blood pressure, oral pH, face, tongue and nail assessment
- **Top 3 Interim Tips**

Behind the Scenes

Between your initial consultation and follow-up appointment, I will review your case; your goals, test results, food diary etc and formulate a realistic program in line with your lifestyle, capacity and goals.

Second Appointment (first follow up)

Duration 1 hour

- Report on findings
- Discuss and explain your customised nutrition, lifestyle and supplement program
- Recommendations of additional diagnostic testing if necessary
- Answer any queries

Subsequent visits

Duration 30 minutes

- Review your progress
- Review any test results
- Make any tweaks to your program or progress to the next phase
- Coaching to help you overcome any barriers to achieving your goals
- Establish a long term maintenance plan

The duration of your program and number of visits required is largely dependent on your short and long term goals as well as your progress, but this can be discussed and agreed at the follow up appointment or reviewed as we go along.

Call/Whatsapp +263 777 07 3586 or email for more information or to book an appointment