NUTRITIONAL THERAPYTHE CONSULTATION PROCESS

ENVIRONMENTAL INPUTS

Nutrition/hydration, sleep and relaxation, excercise/movement, physical trauma, environmental pollutants, micro-organisms.

GUT FUNCTION

Digestion, absorption, elimination.

DEFENCE AND REPAIR

Immune system, inflammatory processes, infection and microbiome.

MIND AND SPIRIT

Mental, emotional and spiritual influences.
Stress / resilience, relationships / networks.

CLIENT GOALS

ASSESSMENT

HORMONE AND NEUROTRANSMITTER REGULATION

Communication, immune messengers, neuro-function.

DETOXIFICATION

Biotransformation and neutralisation and elimination of toxins and metabolic byproducts

ENERGY PRODUCTION / OXIDATIVE STRESS

Energy regulation and mitochondrial function.

STRUCTURAL INTEGRITY

From the subcellular membranes to the musculo-skeletal system.

INDIVIDUALISED PROGRAMME

Integrates antecedents, triggers, and mediators with client's food reactome: e.g. food sensitivities, dietary imbalances, nutrient deficiencies, disturbed gut flora.

