

Eating for energy, vitality & overall health

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe the foods you eat can optimise your performance



Health is more than avoiding sickness ...

Nutritional therapy considers all aspects of health and well-being with particular focus given to 'functional' symptoms of wellness, such as energy, mental clarity, skin health, vision and more, helping to optimise the overall quality of everyday life.



How to recognise functional symptoms of health?



How diet can influence your energy levels?



energy highs and lows

Energy is one of the frequently mentioned areas of health that individuals often wish to optimise. Energy levels play such an important part in how effectively we each navigate our daily lives. Nutritional Therapy Practitioners work with you to help optimise your food choices and build in nutrient-dense foods to support sustainable energy, and avoid those highs and lows.

Functional symptoms include all those niggles, aches and pains, or discomforts that accumulate and can impact your daily life. From feeling bloated after a meal, to experiencing poor sleep, having dull skin, feeling foggy headed or continually lethargic. In essence, all the things you would ideally like to be free of.

Food choices can support functional symptoms & vitality