

What is a Nutritional Therapy Practitioner?

It all comes down to cells.

They are the basic unit of life.

All cell's structure and functions are built from or run from nutrients.

You are a collection of 100+ trillion cells.

When our cells are nutrient deficient, we go on a downward spiral.

The role of an NTP is to assist a person to re-establish cellular health and understand the warning signs and signals our body gives us every day about underlying dysfunction.

A Nutritional Therapy Practitioners approach is centred around the nutritional needs of each cell in the body and on the Bio-Availability of nutrients consumed. The intention is to nourish the body and help it find equilibrium. By giving the body what it needs and avoiding what it doesn't need, modern day epidemics such as heart disease, obesity and blood sugar dysregulation can be gently reversed. Digestive disorders, depression and auto-immunity can be effectively managed.