

Nutritional Therapy Practitioners are trained to:-

- Evaluate a person's nutritional needs, identify nutritional deficiencies and support normal cellular function
- Make recommendations about dietary changes, lifestyle considerations and nutritional supplementation based on detailed understanding and analysis
- Guide people on the path of discovering the underlying issues affecting their health empowering them with knowledge and showing them how to make changes themselves

Nutritional Therapy Practitioners go far beyond the food pyramid, standard nutritional formulas, diets and a one size fits all approach.

We are all about Bio-INDIVIDUALITY.

An NTP recognises that genetics and environment determine your unique nutritional needs, providing dietary and lifestyle recommendations reflecting what you want to achieve.