

What is Nutritional Therapy:

Nutritional Therapy applies the latest theories and research along with the discoveries of Nutritional Research Pioneers such as Weston A. Price, Dr Royal Lee, Dr Francis A. Pottenger about food, food supplies and their effects on modern society.

Nutritional Therapy can help people wanting to manage chronic disease or promote optimum health and can help alleviate and manage a wide range of conditions improving health outcomes.

Nutritional Therapy Dietary Management is based around the core concept of Bio-Individuality, taking into account Food Sensitivities, Genetic Heritage and how the human body has evolved to utilise nutrition.