

What to expect from your consultations

I offer suitable levels of personalised nutritional therapy programmes to allow bespoke support for success with achieving your health goals.



- ... thorough assessments, explanations and guidance
- ... nutrition, diet and lifestyle planning
- ... coaching, personal menu planning, recipes, meal preparation, cookery

In most circumstances a series of at least three consultations is recommended in order to ensure that long term support is embedded.

However, individual goal-setting is matched to an appropriate number of consultations and other agreed methods of support and follow-up.

Successful dietary and lifestyle changes are expected to be achieved within 3-9 months of the first consultation, though you may start to feel some benefits within a few weeks.

Confidentiality

Understanding your relevant medical and personal history is vital for the provision of a tailored nutritional therapy service. The relationship is a professional one - just as it is with your GP - and any information you share will remain confidential except with specific written permission.



Do you wish you could do more to tackle everyday symptoms?

Would you like to learn how to tailor your diet to your individual needs?

Have you thought how your diet may influence your long-term health goals?

It's forkprovoking®

Nutritional Therapy

is an affordable option that allows you to embark on a dietary change journey for your own wellbeing.

Find out more by visiting



www.forkprovoking.co.uk

or contact

Kathryn Rogers

T: 07798 812735

E: kathryn.rogers@forkprovoking.co.uk



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Nutritional Therapy

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Face-to-face consultations held in the High Peak at Riverside Wellbeing, Whaley Bridge



Nutritional Therapy

Our genes may determine how much we look like mum or dad, but they may also determine how our bodies react to the intake of the nutrients and chemicals found in food. As a result, some of us may gain significant health benefits from more or less of a particular food or nutrient.



Turn on the TV, pick up a newspaper, tune into the radio - general dietary advice is everywhere and it can be as misleading as it is helpful. Nutritional therapy recognises that everyone is an individual - so there are no 'off-the-shelf solutions' - no 'one size fits all' approaches. Each programme is tailored, individual and bespoke.

Nutritional Therapy may help a variety of condition types. Your doctor may have diagnosed a 'pre-' or borderline condition, such as diabetes or hypertension; you may have been identified to be at moderate risk of developing a condition such as heart disease, or you may have had family members diagnosed with a condition that may be hereditary.

The good life

While nutrition is an important factor towards health and well-being, it doesn't mean that you have to live on muesli and salad! It's important that menus are tasty as well as nutritious and that meals are always something to look forward to.

Individual programmes for health and wellbeing

'You are what you eat' may be a cliché but it has surely never been truer - particularly in relation to health and wellbeing. Life is full of individual priorities - around work, around family - even around illness - and what we choose to eat can have an enormous impact on how we cope with the pressures of everyday life. Additionally, ongoing medical conditions and other illnesses can often significantly influence our quality of life.

While it may seem that we are constantly bombarded with advice about healthy eating - there is far more to good nutrition than getting your daily fruit and vegetables; or knowing the difference between good and bad fats!

My Nutritional Therapy programmes offer a fulfilling service to get you on track for making positive dietary changes and achieving your health goals.

Personalised nutrition

The key to successful Nutritional Therapy lies in understanding the root causes of persistent health issues. Once that's established, nutrients with specific potential benefit can be targeted, or nutrients that are potentially harmful can be avoided. Nutritional supplements, if appropriate, may also be recommended as part of a tailored programme.

The result? Effective long-term support for a healthier, happier lifestyle.



Assessment for underlying causes of conditions

Nutritional Therapy addresses the potential underlying causes of common conditions such as cardiovascular, metabolic disorders, or musculoskeletal problems. You may have been given a diagnosis, or, you find out that you have an increased risk of developing a condition; whatever your own circumstances, Nutritional Therapy may help you.

Sometimes causes of ongoing or intermittent discomfort linked to digestive concerns, such as irritable bowel syndrome, remain unidentified. Other persistent or recurrent symptoms that are suitable for assessment include skin disorders (eg eczema), respiratory tract problems (eg congestion), migraine, low mood, irritability.

Additionally, those with more common everyday symptoms - feeling tired all the time, or low energy levels for example - may also benefit from Nutritional Therapy.

Effective, natural, holistic therapy

One highly beneficial characteristic of Nutritional Therapy is that, as a result of focusing on priority needs, it is possible to experience wider health gains. In other words, by supporting multiple health issues simultaneously, Nutritional Therapy may be an effective, holistic, long term health strategy.