



Balance Nutrition

bite into good health

what is nutritional therapy?

Most people have heard the expression 'you are what we eat'. Nutritional therapy takes this further and looks at how your body absorbs, processes, and utilises the nutrients you receive through the foods you choose to eat on a daily basis.


Foods affect how your body grows, repairs and functions. They affect your mood, your energy levels and even your personality.

In today's world of intensively farmed and highly processed foods it is difficult to maintain a well balanced and nutritious diet. The stress associated with the fast pace of modern life adds to the challenge, and you can easily find yourself feeling run down and prone to infections.



Often vague symptoms emerge, such as being tired all the time, frequent colds, headaches, insomnia, anxiety, bowel problems, hormonal imbalances, and food sensitivities.

Nutritional therapy seeks the root cause of the problem, and to naturally re-balance your body's chemistry. Once achieved, **energy & vitality** can be restored.



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Kim came into nutritional therapy through her own health problems. Through changes in diet, and targeted supplementation, she now enjoys excellent health and a level of energy never again thought possible.

Kim has experience of working with children and has a particular interest in digestive disorders and food sensitivities.

Kim Crundall is a fully qualified member of the British Association of Nutritional Therapists (BANT).

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Tired all the time?
Struggling with your weight?
Feeling run down and stressed?
Digestive problems or IBS?
Painful periods or hormonal problems?
or
Worried about your child's health?

Please call for a **free** discussion to find out how Balance Nutrition can help you:

01727 894739



Nutritional therapy can help:

Digestive disorders;
bloating, discomfort, irritable
bowel, constipation, heartburn,
colitis, Crohns, food sensitivities

Hormonal imbalances;
PMS, hot flushes,
night sweats, endometriosis

Chronic conditions;
stiff and painful joints
arthritis, chronic fatigue,
migraine, high blood pressure

Skin problems;
eczema, acne, dermatitis,
psoriasis, rashes

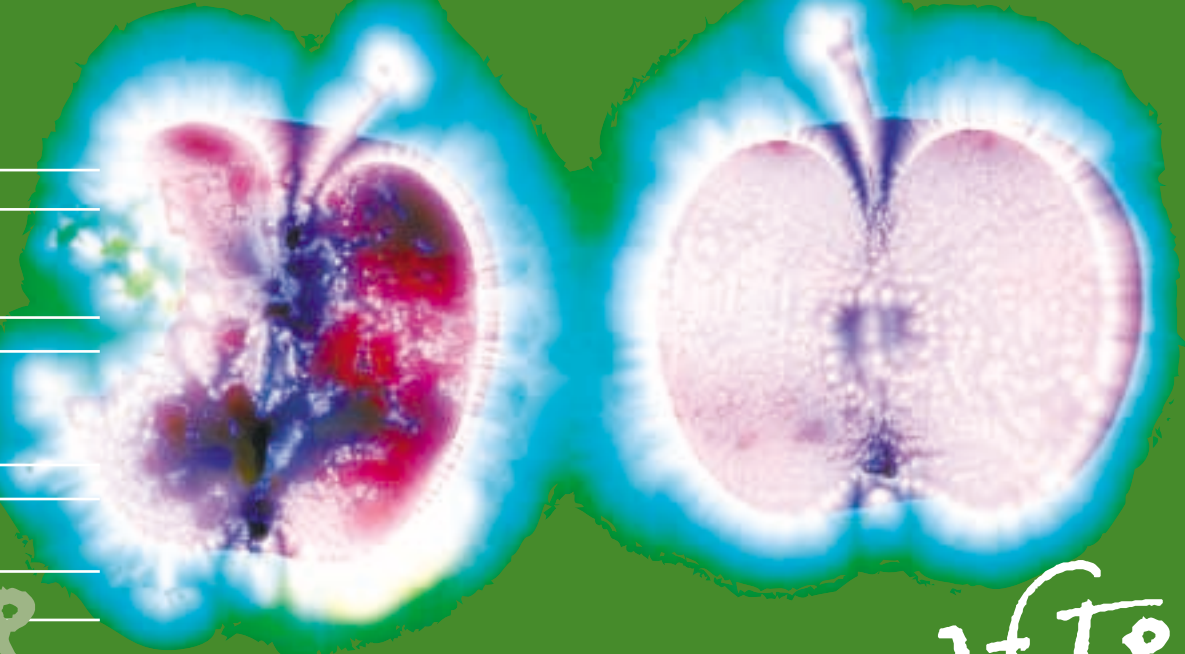
Stress related problems;
being 'tired all the time',
insomnia, anxiety, depression

Children's problems;
ear infections, attention deficit,
hyperactivity, allergies, hay fever, asthma

Recurring infections;
tonsillitis, colds, thrush
urinary tract infections,

Weight management and
thyroid problems

before



after

who can benefit?

Everyone can benefit. It is never too early or too late to improve your health and well-being.

Nutritional therapy can also be used to support medical treatment for conditions such as heart disease, cancer & diabetes.

For health conscious and sports people, Balance Nutrition offers a body MOT service to ensure you achieve optimal health and peak performance.

how will it work for you?

Balance Nutrition will enable you to take charge of your own health. We aim to facilitate an understanding of how your body responds to foods, and how to use that knowledge to enhance your health.

Everyone is individual and has their own **unique needs** for the vitamins & minerals and other nutrients essential to life. This depends on genetic, environmental and lifestyle factors.

what to expect...

Appointments are on a one to one basis and typically last up to 1 hour.

Initially we will discuss your current health and symptoms, your medical history, and any other concerns you have.

The consultation will guide you through recommended changes in eating habits, including details of the foods that will **boost your health**, and importantly those you would benefit from avoiding.

Where food supplements are recommended, details of how best to take these will be provided. Advice on lifestyle factors, such as exercise, may also be considered.

Follow up appointments, to assess your progress, are normally one month apart. Through these you gain **maximum benefit**, by fully addressing your health issues to ensure you **achieve your goals**.



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