

## 10 REASONS TO COME SEE A NUTRITIONIST:

*If any of the following statements resonate with you, have a look at how a nutritionist can help you.*

*Put it on your TO DO list today and book in ASAP...stop putting your health at risk!*

1. I have tried to diet before and I just can't stick to it.

'Dieting' is counterproductive. I will not put you on a diet but provide you with a healthy eating food plan that incorporates a wide range of foods that you enjoy eating whilst ensuring foods you don't enjoy are not included, moderation and portion control is paramount but at the end of the day, if your food plan is not individually catered to your needs you can't stick to it. I do not believe in eliminating food groups so forget the no carbs, no fats etc it is not part of my plan for any client.

2. I can't find the motivation to exercise regularly.

A healthy lifestyle, weight loss, increased energy and reduced stress levels etc are all positively influenced by a consistent exercise regime however exercise is about 20% of a healthy lifestyle with good nutrition accounting for 80%. I will talk through a range of different exercise options to compliment your healthy eating regime that will fit with your lifestyle and what you like and dislike. If you hate the gym...don't go. We will find something you do like and can stick to.

3. I find 'healthy' eating boring.

I love cooking and creating in the kitchen and share this with my clients. You will be provided with a range of health recipes including dips, marinades as well as many breakfast, lunch and dinner options. I provide you with healthy alternatives to your guilty favourites so the food you eat is enjoyable and your cravings for the less healthy options will diminish.

4. I can find all the information I need on nutrition and healthy eating online.

95% of information regarding healthy eating and nutrition online is not published by a reputable source. Following online diet plans or good eating guidelines have not been specifically designed for you. I individually tailor your eating plan to your specific characteristics and lifestyle to ensure maintainable results are achieved. It is no quick fix and the information I give you is factual and scientifically backed.

**5. I am tired all the time.**

Often lethargy is caused by dehydration or an imbalance of nutrients in the body. I will work with you to ensure you are eating to fuel your body and stabilise your nutrient and hormone levels so you are feeling vibrant and energetic.

**6. I feel anxious, stressed and/or moody regularly.**

Angst, stress and mood is almost certainly attributed to the way you are feeding your body. Bad food in = unhappy body = unhappy brain; Good food in = happy body = happy brain.

**7. I'm confused about all the information out there about diets, super foods and what to eat or avoid.**

You will receive factual, unbiased information surrounding foods to eat and which foods to moderate. Seeing a nutritionist is a straightforward way to find out exactly what is right for your individual body so you can stop taking notice of all the conflicting views out there that do not cater for anyone's body specifically but rather make general claims not relevant to you at all.

**8. I have no time to exercise and eat healthily.**

Part of the initial consultation is a breakdown of your lifestyle and how we can implement a food plan and exercise regime that fits in with your lifestyle. You do not have to change everything about your current life to start getting fit and healthy. I work with you to make change happen.

**9. Seeing a Nutritionist is too expensive for me.**

If you think about the money you spend on take away food or even at the chemist on supplements or the newest super food in a packet the cost of seeing a nutritionist to improve your health for the rest of your life seems pretty minimal. Investing in your health is the best money you can possibly spend. The same way you pay money to get a massage to help heal pain, seeing a nutritionist will help heal your body for the long term creating healthy habits for you and your family.

**10. I don't need to lose any weight.**

Seeing a nutritionist is not just about weight loss. I can help you with a range of issues including gut dysfunction, stress management, mood swings, energy levels, increase fitness, food intolerances and allergies and much more.