

GET BACK TO FEELING CONFIDENT, VIBRANT AND IN CONTROL OF YOUR HEALTH

Book your FREE Health & Energy transformation call [here](#)

- Is your menstrual cycle erratic and unpredictable?
- Are you experiencing low energy most of the time?
- Can't remember the last time you had a good night's sleep?
- Have you been putting on weight that won't shift no matter what you do?
- Are you unsure what you can eat without triggering unpleasant digestive symptoms or gaining weight?
- Are you confused about what will work for you and frustrated that nothing has helped so far?
- Are you ready to be in control of your health and finally start putting yourself first?

If you're ready to work with someone who can help you move forwards, you're in the right place!

[Schedule a 1:1 Call]

Who I Am	What I Do
I'm [REDACTED] and I'm a Registered Nutritional Therapist (DipCNM, mNNA, mGNC) specialising in gut and hormonal health.	I help women who have arrived at midlife to navigate the changes that are happening to them. Midlife can be a confusing time but together, we can address the root

	cause(s) of your symptoms so you can feel vibrant and alive and enjoy this stage of your life.
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I want to help you to be the strong, vibrant, amazing woman that you really are!

I help my clients uncover the root cause of their symptoms and solve them for good.

I'll also support you to remove fears and confusion around food and find a way of eating that works for you. I don't believe in using restrictive diets or one-size-fits-all approaches. By restoring healthy digestion and metabolism, it's much easier to lose weight, feel your best and enjoy eating again.

I empower my clients to feel confident in showing up for themselves and taking control of their health.

It's time to regain the energy, glow and self-confidence that you thought you'd lost!

<p>Ready to Take Control of Your Health?</p> <p>TRANSFORMATION CALL</p> <p>Book your FREE Health & Energy transformation call to find out more about working together</p> <p style="text-align: center;">[Schedule a 1:1 Call]</p>	<p>FREE eBook of Energy Boosting Recipes</p> <p>EAT YOURSELF HAPPY</p> <p>Get my top breakfast recipes for a healthy gut and happy hormones</p> <p style="text-align: center;">[Download the eBook]</p>
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