

# Chester Wellness Centre

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## Nutritional Therapy

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[www.angelabailey.org](http://www.angelabailey.org)

Nutritional therapy is the application of nutrition science in the promotion of health and peak performance. It is a complementary therapy which aims to address nutritional imbalances in the body to help optimise good health.

You will be shown how to make the best use of the nutrients in the foods that you are currently eating and how to introduce new foods into your diet that will help give you the nutrients that you need to manage your health problems.

Our bodies are highly dependent on a myriad of nutrients and micronutrients for optimal health. Nutritional therapy can identify potential imbalances of key nutrients and how these contribute to symptoms by analyzing lifestyle and diet and, where appropriate, use a range of functional tests to aid the formulation of a personalised, negotiated plan, comprising lifestyle and dietary recommendations.

This approach allows the nutritional therapist to work with people on many levels by addressing nutritional imbalances and supporting the body towards maintaining health, so if you simply want to check that you are on the right track or want help with losing weight or with your symptoms, please get in touch to arrange a consultation.

I have been in practice in Cheshire for the last ten years and am professionally qualified in nutritional therapy following completion of a three year course at the well-known Institute for Optimum Nutrition in London, founded by Patrick Holford in the 1980s.

I believe passionately in the power of foods and have learned to never underestimate the effects on health and vitality that can be achieved through even small beneficial changes in our diets.

For the last 8 years I have been involved in training nutritional therapists and am currently working as a clinical tutor and external examiner.

As a member of BANT, I comply with the National Occupational Standards (NOS) for Nutritional Therapy and the NTC Core Curriculum. The NOS are developed and updated by Skills for Health.  
*[www.skillsforhealth.org](http://www.skillsforhealth.org)*

I am also registered with the Complementary and Natural Healthcare Council, a national voluntary regulator for complementary healthcare practitioners, which has been developed with support from government funding in order to regulate the advice given to the public.

If you decide to choose nutritional therapy to help support your health, I will first ask you to complete one of my nutrition and health assessment questionnaires, prior to your initial consultation. This can be downloaded from my website, link below. I will then have a comprehensive overview of you and your health status which will enable me to analyse your diet and lifestyle.

During the consultation we can then discuss your health goals and agree on appropriate changes to your diet that are realistic and achievable for you.

For further information and details of my fees, please contact Chester Wellness Centre.