

Nutritional Therapy

"Let food be your medicine"
(Hippocrates)



Better health & quality of life
through better nutrition.

WHAT IS NUTRITIONAL THERAPY?

Poor diet and inadequate nutrition are now recognised as some of the primary causes of poor health for many people in our modern society.

An increased reliance on processed and convenience foods, the extensive use of chemicals and additives in foods, lack of exercise and stressful lifestyles all contribute to nutritional deficiencies, allergies and weight gain. In addition, an increase in the use of pesticides and chemicals in intensive farming, a decrease in nutrients in the soil and unprecedented levels of pollution place extra burdens on our health.

Nutritional therapy applies nutritional science to alleviate illness, promote optimal health, peak performance and disease prevention.

Nutritional therapy encompasses the use of carefully chosen recommendations for diet, nutritional supplements and lifestyle to alleviate or prevent ailments and promote optimal health. These recommendations are professionally tailored to each person's individual circumstances and requirements and may include guidance on:

- Methods to support digestion and absorption of nutrients
- Promoting general health
- Avoidance of toxins and allergens
- Appropriate use of nutritional supplements

WHAT CAN YOU EXPECT IN A NUTRITIONAL THERAPY CONSULTATION?

In the consultation, your Nutritional Therapist will work with you to investigate and identify what elements in your diet, lifestyle or other factors may be contributing to your symptoms and ill-health.

The initial consultation may take 1-1.5 hours, during which time a thorough analysis of your diet and lifestyle is undertaken. This analysis will include taking a full medical history to identify possible triggers and causes of ill-health and nutritional deficiencies rooted in digestion, absorption of nutrients, family history, stress and lifestyle.

The Nutritional Therapist may then recommend further laboratory tests to determine levels of nutrients, hormones or possible food allergies or intolerances.

Treatment involves a mutually agreed personalised diet and lifestyle programme, using foods and specific nutrients as appropriate to help you achieve your optimal health, energy levels and feeling of well being.

All Nutritional Therapists must meet the Occupational Standards for Nutritional Therapy as regulated by the Nutritional Therapy Council.

HOW CAN NUTRITIONAL THERAPY HELP YOU?

As proper nutrition is a fundamental requirement for good health, optimising nutrient intake is likely to be of benefit in the management of most health problems.

Nutritional Therapy is suitable for both children and adults and has been shown to be beneficial for many conditions including:

Digestive disorders

Constipation, Diarrhea, Irritable bowel syndrome (IBS), Coeliac Disease, Stomach ulcers, bloating, Gastric Reflux and Heartburn, Crohn's disease, Inflammatory Bowel Disease

Weight loss

Adult and childhood weight gain and obesity, post-pregnancy weight gain, sugar cravings, hypoglycemia, sports and fitness nutrition.

Cardio-Vascular Health

Raised Cholesterol, High Blood Pressure, Metabolic syndrome

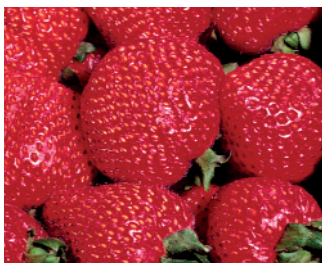
Blood Sugar Imbalances

Hypoglycemia, Sugar Cravings, Insulin Resistance, Type II Diabetes

Food allergies/sensitivities

Hormonal imbalances and Women's Health

Fertility Problems, Premenstrual Syndrome (PMS), Menopause, Polycystic Ovary Syndrome (PCOS), Endometriosis, Recurring Thrush, Cystitis



Skin disorders

acne, eczema, psoriasis

Chronic Fatigue Syndrome and Fibromyalgia

Migraine headaches

Mood disorders

Mood swings, Anxiety, Depression, Stress

Arthritis

Respiratory disorders

Sinusitis, Persistent Runny Nose, Asthma

Childhood and Adult Behavioural Problems

Attention deficit and Hyperactivity Disorder (ADHD),
Dyslexia, Dyspraxia

Auto-Immune Diseases

Rheumatoid Arthritis, Multiple Sclerosis, Ankylosing
Spondylitis



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Leila Anglade

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Leila Anglade is a Registered Nutritional Therapist.

She is a member of BANT (British Association for Nutritional Therapy) and NTOI (Nutritional Therapists of Ireland)

She currently practises in Dublin and has experience in working with a wide variety of health conditions affecting both children and adults.

She also lectures and gives seminars and conferences on general nutrition topics as well as specific health and nutritional issues

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