

Hi I'm Zara and I am the Clinical Nutritionist that works at Total Physiotherapy every Friday.

Nutrition is an essential part of overall well-being, that is because 80% of our whole body immunity lies within our gut, So we really are what we eat!

Food not only fuels the body but supports all of our bodily systems so that we may thrive each day.

Today we live in a world that is fast paced and most of us have little time to cook a nutritious meal. This is vastly affecting our health and well-being, and food related diseases are increasing each year. By working with me i can provide you nutritional tips and quick easy nutritious recipes to suit your needs.

Nutrition can help with:

- Weight loss
 - Energy
 - Digestion
 - Cholesterol/Cardiovascular disease
 - Gastrointestinal conditions such as Celiacs disease, SIBO, constipation etc.
 - Imbalance of hormones such as PCOS
 - Endometriosis
 - Iron deficiency
 - Immunity
 - Dietary allergens
- And so much more...

Here's how i can step in an help you: I will construct a personal nutritional plan that is structured to you and your needs, everyone is different and we all work differently with nutrition too. My aim is to bring vitality and balance back into your life. If you have any of the above concerns or would like to know more then please book in to see me.