

NUTRITION COACHING

Eating well is so much more than just focusing on losing weight. Food communicates with each and every cell in your body, telling it how to perform and replicate; influencing your energy, hormones, how you feel and whether you will be healthy or suffer illness or chronic conditions.

Many of us have been on a diet at some time during our lives. If you'd prefer to eat healthily for life, avoiding the constant up and downs of dieting, which can detrimentally affect your health and metabolism, then this is for you.

As a holistic nutritionist, I believe in the benefits of a whole food plant based diet, limiting or removing processed foods and animal products.

Coaching could help if you:

- want to stay healthy for life
- want to manage or reverse health conditions
- want to lose weight
- have experienced eating conditions
- need motivation and to be kept on track



"I have been experiencing a number of health issues recently and put on 2 stone over the last 12 months. To cut a long story short I was feeling very unwell, both physically and emotionally, and wasn't sure what to do next..



Ally initially helped me by directing me to see a functional doctor and encouraging me to get tests done including food sensitivities tests. She also suggested I move to a whole food plant based lifestyle when I found out the myriad of foods I was sensitive too! She advised me which foods I should be eating and other handy hints. One month in and this change in eating has been a real eye-opener. I finally feel like I am taking control of the mothership. I'm more physically active now as I have more energy, I am sleeping better; I wake up fresh from uninterrupted sleep- I had menopausal symptoms before and my sleep patterns had changed but in the last four weeks I feel more settled.

I have lost 11 lbs (5kg) in 4 weeks- this is an amazing result as losing weight was not my primary aim- I just wanted to feel better, which I do- I have lots more energy and feel cleaner. Eating plant based whole foods makes me feel nourished and fuller with no calorie counting, no food grouping, no diet, just satisfying food!

Health wise- my cholesterol has decreased from 7.6 to 6.3, which I am delighted with. I hope to lower a further 1.0 to put me into the healthy zone. Plant based food has, I feel, contributed to this improvement. I can't wait to get other stats checked later this year."