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Personalised Nutrition Plans To Support Your Health Goals

WHEN a plant fails to thrive, we look to the soil. If an engine runs below expectations, we check the fuel.

When a living creature falls sick, we naturally wonder what it has eaten.

Yet when it comes to our own health, few of us give our own diet a second thought. Our attitude defies science and human experience. Obesity, diabetes Type 2, cardiovascular disease, cancer, osteoporosis and dental decay are all directly related to diet.

Many other conditions are impacted in some way by what we eat. In safeguarding your wellbeing, it makes no sense to ignore your greatest ally, your body's own healing capabilities.

"He that takes medicine and neglects diet wastes the skills of the physician," according to an old Chinese proverb.

Acknowledging the role of dietary changes in complementing conventional medical care is an important first step. Knowing where to start can be a great deal harder.

The media constantly buzzes with mixed messages about what works and what doesn't. Research in the field of nutrition science is moving forward at an incredibly fast rate and there is abundant evidence that many foods are indeed won-

derfully supportive for health and healing.

But hype about "wonder foods", nutritional magic bullets, has distorted the picture, creating unreasonable expectations and bitter disappointments.

Making appropriate dietary changes can be particularly difficult if you are already undergoing treatment for a specific health issue.

It can make it tougher even to contemplate change. Food fulfills emotional as well as physiological requirements and established eating habits can be extraordinarily hard to overcome without motivation and support. It may appear dauntingly expensive to make the necessary adjustments.

It can seem just one more complication to our already overburdened lives and overloaded minds.

This is where a nutritional consultation may help.

Making a transition to a healthier lifestyle is a highly individualised process and a nutritional consultant is trained to give you the support and information you need.

It takes time to talk through the multiple benefits, but it is time well spent. Understanding can be the missing link, a

key motivational factor in breaking damaging habits.

In your consultation, your unique biochemical profile and personal health history will be taken into account. The process begins with a detailed health questionnaire followed by an hour's consultation.

Your own personalised programme, drawing on the most current research, and focused on your specific needs, tastes and goals will be compiled in a thorough report and delivered to you. Follow-up consultations can be arranged if and when required. Much will depend on the pace at which you want to proceed.

With personal support, many people find that they can break free of the often crippling limitations on life imposed by poor food choices.

They can better appreciate their own needs and once more enjoy inhabiting their own bodies. They can make a real and lasting transformation.

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