

nutritional therapy

with jackie lynch



Prior to the first consultation, you will need to fill in and return a confidential questionnaire for analysis. The consultation focuses on creating a nutritional programme that supports your personal wellness goal and fits in with your lifestyle and food preferences. On-going support is provided in the form of nutritional information sheets, meal plans, recipes and shopping advice where appropriate.

A 45-minute follow up consultation is advised every 4-6 weeks to review your progress and symptoms and adapt the programme as required.

- Nutritional therapy can help achieve optimum wellness and support your recovery from ill-health
- A few simple changes to your diet can support the treatment of a wide range of conditions, such as digestive problems, allergies, skin conditions, female health concerns, fertility problems, fatigue and low energy.
- A personalised nutritional programme based on your unique biochemical make-up and tailored to your lifestyle and food

"I've been to see lots of nutritionists but Jackie is the only person who's managed to break a lifelong daily chocolate habit that was piling on the pounds. I've got tons more energy, look leaner and feel fantastic. Her service is outstanding" Tracey, 49

"I cannot recommend Jackie highly enough. She is really approachable and doesn't try to turn you into a health freak that is impossible to have round for dinner. She explains things clearly and simply so you understand the causes and feel able to manage things for yourself." Claudia, 38

Jackie Lynch BA Hons, Dip ION, mBANT, trained for four years at the Institute for Optimum Nutrition. She is accredited by the Complementary & Natural Healthcare Council, a government-sponsored registration body for complementary healthcare practitioners. She is also a registered member of the British Association for Applied Nutrition and Nutritional Therapy and the NHS Directory of Complementary and Alternative Practitioners.



price: new patient 30 min | £90
follow-up treatment 45 min | £75

availability: Tuesdays, 1:30pm - 4:30pm

to make an appointment: please call *evolve* at 020 7581 4090

treatments 