

NATURAL MANNA

The Ultimate Nutritional and Lifestyle Programme for good health, vitality and weight control,

What is Nutritional Therapy?

The primary aim of Nutritional Therapy is to holistically treat the source of ill-health not just the symptoms. Nutritional therapy is 'patient specific' and treatment usually takes the following format:

1. Diagnosis—this can be GP referred in the case of many chronic disorders, or by the Nutritional Therapist in less serious cases.
2. Evaluation of client's condition, their dietary habits and the possible causes of illness.
3. Elimination of unhealthy foods—cutting out unsuitable foods that could provoke allergies or nutritional imbalances thus contributing to poor health. This may mean eliminating sugar and over-refined foods, additives, wheat products and junk foods.
4. Balancing of Diet— suggestions for improved nutrition possibly including more fruit and vegetables, pulses and low-acid forming foods. Eating healthy, natural foods reduces stress on the liver and digestive system and enables the body to use energy from food to help boost the immune system which revitalizes the body's defences against disease. The body is able to start healing naturally.
5. Eliminating Toxins—processed foods containing high levels of fat, sugar, salt can cause problems for the digestive system. This causes a build-up of toxins in the system which are difficult to eliminate and toxic residue can be left. Also additives, pesticides and fertilizers often found in mass-produced food can place an additional strain on the body. A Nutritional Therapist can help in clearing the body of these toxins.
6. Supplements—Essential vitamins and mineral supplements may be suggested to help with possible deficiencies and strengthening of the immune system.

Improvements in health can be dramatic when 'unhealthy' foods are excluded from the diet, but it must be borne in mind that the longer a condition has been present the longer it may take to be eradicated. In the case of food intolerance and allergies improvements are almost instant with continued improvement as the body's defences strengthen.

if you suffer from one or more of the following or any other persistent illness Nutritional Therapy could greatly improve your health:

Abscesses	Depression	Neuralgia
Acne	Diabetes	Obesity
Allergies	Down's Syndrome	Osteoporosis
Anxiety	Eating Disorders	Panic Attacks
Arthritis	Eczema	Pain Relief
Aspergers Syndrome	Emphysema	Polymyalgia
Asthma	Fibroids	Poor Circulation
Athletes Foot	Fibromyalgia	Poor Appetite
Attention Deficit	Fluid Retention	Pre-Menstrual Tension
[Hyperactivity] Disorder	Food Intolerances	Prostatitis
Autism	Gingivitis	Psoriasis
Bi-polar Disorder	Glandular Fever	Recurrent Infections
Bloating	Glaucoma	Rheumatism
Boils	Gout	Scalp Problems
Bronchitis	Halitosis	Schizophrenia
Candida	Hay Fever	Sciatica
Cataracts	Herpes	Shingles
Chilblains	Hiatus Hernia	Sinusitis
Chronic Fatigue Syndrome	High Cholesterol	Skin Disorders
Coeliac Disease	Insomnia	Stress related disorders
Colic in babies	Irritable Bowel Syndrome	Thrush
Colitis	Mastitis	Thyroid Problems
Constipation	ME [Yuppie Flu]	Ulcerative Colitis
Cramps	Menopause	Ulcers
Crohns Disease	Menstrual Problems	Warts
Cystitis	Migraine	Weight Problems
Cysts	Mild Hypertension	
Dermatitis	Morning sickness	

This list is not exhaustive – it is well known that a healthy diet can significantly improve any long term or acute health problem.

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NUTRITIONISTS and LIFESTYLE COUNSELLORS

Consultants are also available to give talks and demonstrations to Health and Social Care professionals, Womens' Groups, Community Health Initiatives, Beauty and Spa Salons, Colleges, Schools etc.

All clients are treated on an individual basis, treatment options and recommendations are 'client specific' and main consultations include up to 3 months ongoing support to ensure clients achieve their nutritional goals.

Natural Manna therapists are able to provide effective, evidence based dietary recommendations for every conceivable nutritional, dietary concern—**gluten free, wheat free, dairy free, vegan, vegetarian, egg free, sugar free, additive free, Kosher/Halaal etc.**

Supporting recipe and meal plan leaflets are available to every client to ensure that they have necessary support to achieve their health goals.

Recipe CD now available—365 Healthy Vegetarian Recipes

£6.00 p&p inc