



# Bodydoctor Nutrition Clinic

feel energised. increase performance. be inspired



A close-up photograph of a woman with dark hair pulled back, wearing a white tank top. She is smiling broadly, showing her teeth. She is holding two slices of orange over her eyes, one in each hand. The background is a bright, out-of-focus outdoor setting, possibly a beach or a sunny day. The text "Exercise isn't enough." is overlaid in white, bold, sans-serif font across the center of the image, partially covering her face and the orange slices.

**Exercise isn't  
enough.**

## Why see a nutritionist?

We have always passionately believed in the powerful combination of exercise and nutrition to achieve your health goals. The Bodydoctor Nutrition Clinic has been created because nutrition is a complex field and sometimes things are not as easy as just eating a few extra carrots!

## Experienced Scientists

Our team of experienced and dedicated nutritionists are trained to help guide you through the mine field of conflicting nutritional information available. We are all biochemically unique and our nutritionists work with you as an individual, often using laboratory tests, to discover where your personal imbalances may lie.

## Improved vitality and performance

You may want to improve your productivity and vitality, look younger and fitter or prepare to run the marathon. Whatever your objectives, the stresses of modern life can mean that our performance levels, energy, concentration and vitality may be less than ideal. Choose one of our programmes and your nutritionist will work with you to maximise your nutritional status, optimise your diet and support you in making any necessary changes. You can feel better than you ever imagined!

## Specialist help when it is needed

Alternatively, you may wish to be optimally healthy during your pregnancy, reduce cholesterol, manage diabetes or cope with anxiety and stress. Whatever your goal, a tailored one to one programme with one of our experts can help

A close-up photograph of a hand holding a bright orange carrot. The hand is positioned in the center-right of the frame, with the fingers wrapped around the carrot. The carrot is held vertically, with its green leafy top extending downwards. The background is a solid, neutral grey. The person holding the carrot is wearing a green garment with white horizontal stripes. The text 'Why is Bodydoctor Nutrition Different?' is overlaid on the left side of the image in a bold, white, sans-serif font.

**Why is Bodydoctor  
Nutrition Different?**

## Unique Service

We don't see you for an hour and expect you to go away and be fixed! At Bodydoctor Nutrition we like to see a client for at least three months. During this time we aim to empower you with the tools and understanding you need to make really lasting changes.

Following your initial consultation you will be given a detailed dietary and if appropriate, supplement programme. You will also be supported by your nutritionist between your consultations, via email and phone.

## At your convenience

We know you are busy, so consultations can be organised at our Primrose Hill Gym, at our partner clinic The Institute for Optimum Nutrition in Richmond or after the initial consultation, via telephone from your own home.

## Using the latest laboratory tests

Our laboratory can run standard disease pathology tests, for cholesterol, hormone balance and allergies for example. We are also able to offer a range of leading edge modern testing profiles, such as our ONE profile, that help us to get a complete picture of your general health and nutritional status. This gives us the opportunity to identify problems and imbalances before chronic conditions and disease develop.

## Designed to support your lifestyle

We can also organise shopping visits to your local supermarkets with you, can carry out an audit of your fridge and storage cupboards, can produce personalised menus from your local cafes and restaurants. These bespoke services are charged at an hourly rate.

A shirtless man with a muscular build is standing in front of a red brick wall. He has his arms raised in a 'V' shape, with his hands open and palms facing forward. He is wearing dark blue shorts. The text 'Choose the programme to suit your needs.' is overlaid in white, bold, sans-serif font across the center of his torso.

**Choose the  
programme to suit  
your needs.**

Bodydoctor Nutrition is tailored to the individual and we can adapt our service to your needs. We have a number of programmes available. Please contact us if you would like to discuss which is most appropriate for you.

## Bodydoctor Slim-line

What underlying imbalances may be hampering your weight-loss? If you are failing to lose weight your nutritionist will work with you over 6 weeks both to help you correct any problems but also to help you understand how you can eat to manage your weight in a healthy and practical way in the future - £350 \* additional tests may be necessary.

- Individual one-on one consultation.
- Tailored dietary and supplement programme
- 23 page booklet covering low GI diet, hormone balance, detox and exercise
- Menu planning and recipe suggestions
- Food diary review – by phone/email
- Review and debrief – week 6

## Re-balance

Improve your digestive function, hormonal balance, energy, detoxification, weight and mood

over 3 months - £350

- Individual one-on one consultation.
- Evaluation of your goals and development of an action plan in each of the above areas.
- Tailored dietary and supplement programme.
- One follow-up consultation.

## Bodydoctor Gold

This is the perfect programme for those who want to achieve peak performance or who want to truly understand their current nutritional status and use this information to optimise their health. The programme includes the Optimum Nutrition Evaluation which measures levels of amino acids, vitamins, minerals and anti-oxidants as well as various other markers, giving a detailed profile of your unique biochemistry and overall health. - £665

- One-to-one consultation.
- Optimum Nutrition Evaluation test and interpretation.
- Report highlighting key priorities.
- Follow-up consultation.
- Tailored dietary recommendations.
- Customised supplement programme (can be manufactured as a customised powder formulation at extra charge).

A close-up photograph of a woman's face in profile, smiling and looking upwards. Her hands are raised, holding several small purple flowers. The background is a soft-focus field of similar purple flowers under a bright sky. The text "Women Only!" is overlaid in the center in a bold purple font.

**Women Only!**

## Optimum Nutrition for Pregnancy

Once you are pregnant the nutritional demands placed on your body change significantly. Your therapist will work with you to adapt your diet to ensure optimal nutrition for your developing baby and to monitor your progress each trimester. The pregnancy programme includes

An initial consultation to discuss your health and lifestyle and the optimum diet for a healthy pregnancy.

Follow-up consultations during trimester 2 and trimester 3.

A supplement programme if appropriate. Advice about whether you should be tested for nutritional deficiencies and what tests are appropriate. If tests are recommended the cost is not included in the programme. Tests may vary from £39 - £280 depending on options chosen.

Price - £240

## Fertility Programme

As above but with blood test for zinc and hair mineral test - £340.

## Female Balance

This is a 3 month hormone balancing programme, which has been developed by our head nutritionist at The Institute of Optimum Nutrition. The pilot study had very good results with all women with severe breast tenderness, reporting to have none or mild levels at 3 months. Nervous symptoms such as irritability, anxiety, and mood swings were all improved with those rated as severe scoring levels of none or mild after 6 months. The women have also reported an improvement in energy levels, cravings, and a reduction in pain and cramps. The programme includes:

An initial consultation (1 hour) and follow-ups at 1 and 3 months.

Current assessment of your symptoms and monitoring of these over the 3 months.

A review of the impact your current diet and lifestyle may have on your hormone balance. Dietary advice for optimum hormone balance.

Supplement programme including herbs and nutrients known to help with hormone balance and PMS symptoms.

Price - £290

# Testing



## Why do we need to use tests?

In order to correct imbalances we often need to further investigate. For example if you have digestive problems we may need to assess whether you have depleted beneficial gut flora or if there is any yeast present. If you have cardiovascular problems, what is the balance of good and bad cholesterol?

## Leading edge laboratories

We also work with a number of labs offering innovative tests to give a complete understanding of an individual's picture of health. This allows your nutritionist to focus on disease prevention, identifying problems before chronic conditions and disease develop.

## A sample of the tests available:

**Allergy and Intolerance testing** - IgE, IgG, non-antibody mediated responses.

**Hormone Profiles** - Female hormones, thyroid, insulin resistance, menopause, PCOS and male hormones.

**Nutritional Profiles** - Hair mineral analysis for toxic metals, vitamin and mineral profiles.

### Adrenal Stress

### Digestive analysis

**Special Profiles** - chronic fatigue, heliobacter pylori (for stomach ulcers), detoxification profile, anaemia

**ONE (optimum nutrition evaluation)** - A combination of nutritional analysis that measures levels of amino acids, vitamins, minerals and anti-oxidants as well as organic acid markers of metabolic function, detoxification and dysbiosis. Over time nutritional imbalances can result in a variety of chronic health problems. This profile can help determine functional inadequacies. The profile is offered as part of the bodydoctor Gold Programme.

## **Call us today**

Whatever your health goals, the support of a Bodydoctor Nutritionist can help you achieve them.

Please call us on 0207 586 6222 or email [bodydoctor@mac.com](mailto:bodydoctor@mac.com) to have a chat or book an appointment.

We look forward to working with you!