

From my business... to yours. Help create a healthier workplace with the aid of nutritional therapy

Nutritional therapy is the science of how our body interacts with food. Sounds simple, doesn't it? In fact the myriad biochemical processes which our body goes through each and every day, and which we largely take for granted until something goes wrong, is more complicated than any computer or gadget made by man.

Grounded in evidence based science, nutritional therapy takes a holistic approach to health and focuses on our different health backgrounds, genes and lifestyles in a bid to discover the underlying causes of physical imbalances. Nutritional therapy is the bedrock for any proactive approach to managing your health.

Thelma Middleton of The Nutritional Health Practice uses her scientific training to assess each individual case and, with the aid of metabolic profiling, can devise a tailored nutritional programme to maximise an individual's health potential.

Nutritional therapy is a strictly regulated profession and professional members of BANT, such as Thelma, are recognised complementing mainstream medical services.

In addition to her private client practice, Thelma has become aware that an increasing number of forward-thinking employers are recognising the link between good health and optimising their employees performance and satisfaction at work. They know that good health means more than just absence of illness.

It can also lead to:

- Low absenteeism
- Increased productivity
- Better resistance to stress
- More enthusiasm for work and life

On this basis, The Nutritional Health Practice can offer your employees enlightening presentations with question and answer sessions or corporate canteen nutrition audits with menu development in a bid to encourage healthier lifestyles.

In the world of business, stress affects health while health affects the ability to manage stress. Help your employees learn how to manage any stress more effectively without

damage to their body, their boss or their peace of mind. Learn how nutrition can target the effects of stress in your workforce and how, combined with exercise and coaching techniques, this strategy may transform and underpin your business success.

For more information on either personal or corporate nutritional therapy contact:

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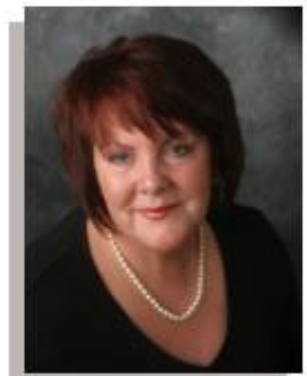
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