

Nutritional Therapy at the Epsom Skin Clinic

Helen Williams – Nutritional Therapist - BSc (Hons), Dip CNE, MBANT

The Epsom Skin Clinic is pleased to welcome Helen Williams, Nutritional Therapist to the team. Our selection of laser, injectable treatments and skin care products aim to help skin problems from the outside but beauty is more than skin deep and to provide effective skincare it is crucial to nourish the skin from the inside too. Your skin is a remarkable barometer of your body's health and is very much affected by how well you are internally. Many skin problems are linked to digestion, an insufficient intake of nutrients and poor absorption. Specific nutritional programmes tailor made to the individual are now available. Heal psoriasis, eczema and dermatitis, conquer acne and cold sores and banish cellulite, rejuvenate your skin from the inside out by booking a nutritional consultation.

What is nutritional therapy?

Nutritional therapy is about manipulating the internal and external environment of the individual through diet, food supplements and lifestyle advice in order to achieve optimal health.

Our nutritional therapist Helen Williams will take into account your individual biochemistry, genetic inheritance, lifestyle and environmental factors like pollution and toxic load before recommending your tailor made nutritional programme to help you achieve your personal health goal.

Why see a nutritional therapist?

If you find it difficult to lose weight, are tired and need more energy or are constantly stressed a nutritional therapist can help identify which underlying factors may be affecting your health. Although most of us have a sincere wish or need to change our lifestyles and eating habits the reality is difficult to achieve without ongoing support. People from all walks of life and of any age can benefit from nutritional therapy.

Many areas of health can be affected by what you eat, these include:-

- Weight issues
- PMS PCOS and menopause
- Digestive Problems, bloating
- Constipation, IBS
- Stress management
- Anxiety and Depression
- Cholesterol/blood pressure
- Acne, Psoriasis and eczema
- Low energy, tiredness and chronic fatigue
- Food Allergies or intolerances
- Headaches and Migraines
- Frequent Colds and Infections
- Mental Clarity and Concentration
- Osteoporosis

What is involved in the consultation?

The consultation lasts approximately 1 hour where a full personal history will be taken. In advance of the consultation you will be asked to fill out a full health questionnaire. Each person is unique and we work together to find a programme that will suit **you** so you can best achieve your own particular health goal.

Make a positive difference to your health today and book an appointment

How much does it cost?

Treatment Type	Cost
Initial Consultation	£85
Follow up appointment	£45