

Optimum Weight Management

Make the mind & body connection for sustainable weight loss. A totally supportive programme helping you to reach and maintain your optimum weight.

FOOD THERAPY CONSULTATION (IN LONDON) AND DNA DIET TEST – £250

Using dieting history, genetic testing, food preferences & emotions around food to build an individual plan.

Food Therapy NLP coaching empowers patients to be in control of creating positive habits to achieve sustainable weight loss. Includes:

Personalised dietary plan that works to suit your lifestyle and taste

DNA Diet Test - includes: carbohydrate sensitivity, fat sensitivity, lactose intolerance, energy and detoxification potential, inflammation and gluten sensitivity. All essential information to support weight loss. Simple swab test, results available in 4 weeks.

Food Therapy Follow Up - 15 minute follow up telephone call to discuss the results of your test (4 weeks later)

THE FOOD THERAPY PROGRAMME - £280 for 8 sessions (extendable)

Sustainable weight loss is achieved more quickly when you check in regularly and are accountable, creating motivational support whilst on your journey.

We offer 8 weekly /bi-weekly 20 minute long sessions - **skype or face to face**

consultations to include:

- Food Therapy goal setting
- revised nutrition plans
- weight and inch loss (on trust if skype consultation)
- metabolic age, fat and muscle percentage (only available for face to face consultations)

Programme led by Melissa Cohen, experienced Nutritional Therapist and NLP Practitioner, Supported by Wenche Johanessen, nurse and Patient Care Assistant. Both are committed to helping you be the best that you can be.

OPTIONAL ADDITIONAL SUPPORT

To optimise your weight management programme your Senior Clinician will guide you regarding additional support which is optional. You may be recommended treatments like these and further health optimising treatments as they become available.

Supplementation plan to support mood, energy and sleeping patterns, if required. **POA**

Ice Therapy to help promote healthy and motivational weight loss. Natural and permanent fat cell and cellulite removal without surgery. Our Cryotherapy system also reduces swelling and inflammation, relaxes muscles and promotes healthy circulation. **£880 for 6 treatments in London**

Nutritional Chef Mini Consultation -For patients following a specific diet and who just need some practical information. It suits patients who already have some knowledge of healthy eating and cooking but require a bit more support, advice and inspiration! **£75/ 30 minutes in London**

Bespoke Cookery Consultation with The Nutritional Chef. A practical and educational session, tailored to suit your specific dietary needs and including tips and ideas. **£300/ 120 minutes in London**