



LAUREN WINDAS

Lauren works individually with clients to assess their nutrition and long-term health goals. Lauren's clientele often comprises of busy city workers who are suffering with chronic fatigue, digestive distress, and burnout. She works with them on how they can adopt simple changes to their diet and lifestyle to overcome the challenges that they are facing with their health, to emerge as healthier and more productive versions of themselves. Lauren is also passionate about helping clients with weight management and adopting a healthier relationship with food and their bodies.

Nutritional Consultation

1 hour 30 mins **£280**

1 hour (follow up) **£180**

At the initial consultation, a detailed picture of your life story will be taken. Including a review of your health and family history, current health concerns, symptoms, diagnosis and treatment, as well as stress levels, psychological and emotional factors. Together with dietary, exercise and lifestyle habits. If appropriate, functional tests may be recommended to facilitate the development of a targeted and individualised nutritional program.