



LAUREN WINDAS

Lauren Windas is a renowned registered Nutritionist, Naturopath, Author, and co-founder of ARDERE. Lauren is also qualified as a Master Practitioner in eating disorders and obesity and is trained in NLP. Often working with busy city workers and A-list celebrities, Lauren's passion is working with those who suffer with Chronic Fatigue Syndrome (CFS) and post-viral disorders, IBS, hormonal conditions, weight management and food relationships. Lauren's personal health battles with CFS and poor gut health, led her to the world of wellbeing, and to release her debut book 'Chronic Fatigue Syndrome: Your Route to Recovery'. She is passionate about educating people about how diet, lifestyle, and how functional medicine can be transformative for people's health and happiness.

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.