



Nutrition Consultations: £25 per 45 min session (or a set of set of 6 for £125)

One-to-one Personal Nutrition Focus: These sessions can be conducted in person or via WhatsApp, Skype or Zoom and can be for individuals or couples with the same interests or needs. I offer practical nutritional guidance in dealing with weight management, pre-diabetes or diabetes type 2, other metabolic disorders or nutrition concerns, including screening for sugar or food addictions.

Nutrition for Sports & Exercise: Consultations to help exercisers or amateur sports people optimize their performance through good nutrition. I offer advice on the merits of both ketogenic (fat) & carbohydrate fueling strategies.

Nutrition Courses (groups of 4-6): £69 per person, per course (for 6 one-hour sessions)

The Basics of Healthy Eating. This course is for those who would like a basic understanding of what nutrition means and how to create a balanced diet that provides what you need to stay healthy. The course starts with the basics of what are proteins, carbohydrates, fats, vitamins and minerals. It also looks at what reduces the nutritional value of both bought and home made food, and covers the essential basics principles of digestion, energy levels, weight gain and weight loss.

Healthy Doable Desirable Food. This course is for people who want to learn about nutrition, as per above, but with a practical focus on menu planning and recipes for foods that can be prepared in super-quick time and with minimal fuss. Ideal for a group of friends.

Spotting and dealing with intolerances. This is a 3-session course (1 hr sessions) that can be an add-on to any of the courses offered above, or after a minimum of 2 private consultations. The course focuses on how to spot and deal with intolerances and foods that may be making you (or your family) sick. £60 per person.

Dealing with sugar, processed food and snack addictions. This is a 3-session course (1 hr sessions) that can be an add-on to any of the courses offered, or after a minimum of 2 private consultations. £60 per person.

Healthy Wellbeing Break (Casa Andromeda, Javea, Spain): £95 per person (per night B&B basis) This is a unique combination of a Nutrition Course and Healthy Wellbeing break for groups of 3-5 friends staying for 3-5 nights. The focus is on relaxing, unwinding, sleeping & enjoying. A healthy brunch is served daily at the villa in the beautiful costal resort of **Javea** – recommended by the **World Health Organisation** as having one of the healthiest climates on earth. Programmes are tailored to suit the group. Javea is between Alicante and Valencia, just over 1hr drive from both airports.

Call me, Heidi, for a chat or to book a Free of Charge first consultation **07707 840082** I work with individuals, couples, families or groups of friends; all on the basis that **ONE SIZE does NOT fit all.**

Please also check out my work at Surgeries, funded by Social Prescribing, if you belong to a surgery in the Crawley area.