

What Is Naturopathic Nutritional Therapy?

Naturopathic Nutritional Therapy is a natural approach to rebalancing your health using diet, supplementation and lifestyle. It works on the theory that the body has all the resources it needs to achieve optimal health and it is up to us to provide it with the right internal environment.

How does it Work?

- With the healing power of nature
- It treats the cause not just the symptoms
- It does no harm
- It treats the whole person (mind, body and spirit)
- It empowers you with your own health
- It assumes prevention is better than cure

Naturopathic nutritional therapy restores the balance in our natural functions, by helping us to overcome negative emotions, teaching us ways to cope with stress, and also teaching us about proper nutrition that will sustain healthy body chemistry. Through these steps, the body can heal itself or fight invading organisms. Naturopathy believes that fevers, colds, and discharges are the body's way of recovering from illness.

Is Nutritional Therapy for me?

Because of the whole person approach Nutritional Therapy and personal coaching is suitable for a wide range of symptoms including:

- Digestive complaints/IBS
- Stress
- Pain
- Weight loss/weight gain
- Cravings compulsions
- Blood pressure
- Arthritis
- Depression/Anxiety
- Diabetes
- Skin disturbances
- Gout
- Feeling disconnected

What is involved in a treatment?

- **Dietary advice** for restoration of balance, detoxification and prevention of disease.
- **Lifestyle advice** to promote well-being and to reduce stress.
- **Hydrotherapy** using the healing power of water to stimulate the immune system and the body's natural defences
- **Vibration Medicine** (flower essences) to enhance the emotional aspect of healing
- **Compresses/Packs** to stimulate organ function and to reduce pain.

'I am really starting to turn some corners and feel like myself again. Thank you Fran your work is wonderful.' James Walker (Writer/Film Director).

Fran Stockley

BSc, PTDip, NutDip, NLP

**Naturopathic Nutritional
Therapist and Coach.**

Fran started her career at Loughborough University with a degree in **Psychology**, she then went on to study **exercise psychology** and trained as **personal trainer**. After working in private health clubs she developed a keen passion for **natural nutrition** after seeing the powerful application of combining mindset, exercise and nutrition. Fran then studied **Naturopathic Nutrition** for 3 years and now works from her clinic in North London and at Emma James clinic, Boxmoor inspiring and empowering people to get the best from their health.

Fran is available for appointments on Saturdays. Evening appointments can be arranged.

Initial consult: £80

Follow up Consults: £70

Don't forget to book your FREE 15 minute consultation to see how Fran can help you. Please book at Emma James Reception.

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