



This voucher entitles you to a private Nutrition consultation package with Louise Edney, accredited practising nutritionist.



In your initial nutrition consult, we'll look through your 3 day preprepared food diary and you'll tell me all about yourself and your health and vitality (or perceived lack thereof.) We'll talk digestive health and general well being and tweak your food intake to maximise your health and energy. You'll learn all about your daily and weekly food requirements and we'll devise a plan for you that is easy to follow.

Excellent for those embarking on a new dietary or programme or sporting challenge (for weight loss, weight gain, allergy or other health issues.)

Your body's energy and nutrition requirements change over your lifetime so it can be confusing when the diet you have followed all your life all of a sudden does not seem to be the right fit for you.

My first line of treatment is food and I am very aware that the over-nutritionalisation of food can be a turn off for busy people. It's my job to understand the nutrients and translate that into real whole food messages so that you can make peace with your plate.

Contact me to book a consult. The initial consult is 1 - 1½ hours and a 30 - 45 minute follow up appointment will be scheduled at the end of the initial consult.

There is a plethora of dietary advice on offer from the Australian government healthy eating guidelines to vegan, raw, mediterranean, eat right for your blood type and paleo and Mediterranean philosophies and somewhere amongst all of this information is the right dietary course for each of you. Keep in mind that you will probably all have different needs at different times of your lives.

Please check the [Nourishing Nosh website](http://www.nourishingnosh.com.au) for more details.

16 January 2017