

Nutritional Therapy

What is nutritional therapy

Nutritional therapy is the application of nutrition and health science that seeks to enable individuals to maximise their health potential. It may help alleviate a wide range of conditions and assist in the recovery from many ill-health situations.

Nutritional therapists recognise that each person has unique dietary and nutritional requirements and will assess the nutritional status and functional capacity of each individual. They recognise that each person's needs may be dependant on a number of factors from inherited weaknesses, to the influence of diet, lifestyle and environment.

In addition to dietary and nutritional advice, recommendations may include guidance on natural detoxification, methods to support digestion and absorption, and procedures to promote colon health.

A nutritional therapy session

In a typical nutritional therapy consultation, the therapist will ask the patient a number of questions on general health, family history, dietary habits and digestive function. From this assessment, a plan is then devised with the patient that works for their individual circumstances.

The plan may include a list of dietary adjustments, suggestions for dietary support and any supplementation recommendations. Usually progress will be monitored and a follow-up consultation may be suggested to discuss the changes in health and any further requirements.

How nutritional therapy may help

Conditions which may be helped by nutritional therapy range from general unwellness to more chronic complaints, such as digestive disorders, fatigue, mental health issues, skin disease, childhood development disorders, cardiovascular disorders, immune dysfunction, migraine, eating disorders, asthma and arthritic joint pain.

Choosing a practitioner

It is important to choose a qualified practitioner who has undertaken all the necessary training to understand the theory and practice of nutritional therapy.

The Complementary and Natural Healthcare Council (CNHC), which is supported by the Department of Health, can help when choosing a practitioner that meets the national standards of practice in nutritional therapy: it has established a voluntary register for complementary healthcare practitioners who all meet the required levels of competence and practice.

Further information and registered practitioners can be found on the CNHC website <http://www.cnhc.org.uk/>.