

## OPTIMUM DIGESTIVE HEALTH

### Treatment Guide

There are many triggers which can affect digestive health and these can lead to a variety of symptoms which impact your daily life, particularly in your 40s, 50s and beyond. Some examples of disrupted digestive health include:

- Bloating/abdominal pains/flatulence
- Constipation/diarrhoea
- IBS (irritable bowel syndrome)
- IBD (inflammatory bowel disease)
- Headaches/dizziness
- Anxiety/depression/mood swings
- Energy fluctuations/lethargy
- Poor sleep quality and quantity
- Rheumatoid or osteoarthritis
- High/low stomach acid
- Reflux/belching – GORD (gastrointestinal oesophageal reflux disorder)
- More frequent infections
- Growing and rapid changes to tolerance of certain foods eg wheat/dairy products and certain drinks eg alcohol/caffeinated drinks
- Leaky gut syndrome/gut permeability
- Gut hypersensitivity
- SIBO (small intestine bacterial overgrowth) and all its symptoms
- Digestion/absorption/motility i.e. slow/fast transit time
- Toxic load
- Detoxification management

We are here to help investigate all of these areas and more and design a tailor-made programme to suit your individual needs and set you on a long term path of optimum digestive health for each age and stage.



#### STEP 1

##### INITIAL APPOINTMENT

- 1 Our London clinic offers both face-to-face and virtual consultations. Bookings can be made by phone, email or online via our website.
- 2 Prior to your appointment you will receive a registration form and a detailed questionnaire to complete.
- 3 Your initial 45-minute appointment takes place with our Nutritional Therapist. The cost of which is £345.
- 4 During your consultation, a detailed hormonal, digestive and medical history will be taken. It is important to commence with a comprehensive dietary analysis and support.
- 5 We will provide a bespoke dietary and lifestyle programme with possible supplementation suggestion within 48 hours of your appointment.



#### STEP 2

##### ONE MONTH REVIEW

- 1 Following your initial appointment we will undertake a 30 minute review appointment after 1 month to discuss progress. The cost of which is £295.
- 2 Where necessary the Nutritional Therapist will suggest any further investigation, for example a comprehensive diagnostic stool analysis, or a discussion of the reintroduction of certain foods which may have been reduced or eliminated in the initial consultation.
- 3 Your dietary and lifestyle protocol can be discussed, fine-tuned and enhanced.



#### STEP 3

##### 2-3 MONTH REVIEW

- 1 We will undertake a review after 2-3 months to see how you are getting on. The cost of which is £295.
- 2 Any test results can be discussed and appropriate action taken where necessary.
- 3 Your dietary and lifestyle protocol can be adapted for long term, realistic, optimum digestive health.

**PLEASE NOTE:**  
If blood tests are required they can either be done at Hormone Health or via your GP/local service as long as you are able to provide the results before or at your appointment.

#### BOOK AN APPOINTMENT

with Hormone Health Associate

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