

OptNutrition

Information Pack

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Allergies / Food Intolerances

In the last 25 years, many doctors and nutritionists world wide have reported countless cases of 'food allergies'. After many years of research scientists found that there were actually two types of allergy. The first involved an immediate reaction to food e.g. a rapid onset of symptoms (anaphylactic), causing a major collapse/shock which usually occurred in response to occasionally eaten, exotic foods. The second type became known as a food 'intolerance'. It was found to be caused by a number of things including enzyme deficiencies, toxicity, over growth of intestinal yeast or 'leaky gut syndrome'. Furthermore if a person ate a particular food very regularly e.g. wheat, they could become allergic (intolerant) to it without suspecting it as a cause of the various symptoms of ill health that seem to come and go for no reason. This is because strangely they would feel better after a meal containing the suspect foods than before! However within a few hours/days they begin to develop symptoms such as headaches, digestive problems, depression, mood swings and fatigue, but because they are delayed they are rarely linked with foods eaten some time before. Therefore without realising it, people begin to learn to eat the foods which makes them feel good because they cover up or 'mask' feeling ill. This cycle can go on for years undetected and can begin to cause other health problems if the root cause is not helped. A nutritionist has been trained to identify the food allergies/intolerance using various methods including a blood test which checks over 220 foods. They will also devise a specific dietary/lifestyle and supplement programme to help client's work towards restoring their health.

Tests which can be used*: Food Allergen Cellular Test/ Comprehensive Digestive Stool Analysis/Intestinal Permeability/kinesiology

Arthritis

Arthritis is the inflammation of one or more joints. It is characterised by pain, swelling, stiffness, deformity and/or a reduced range of motion. There are two major kinds of arthritis, osteoarthritis and rheumatoid arthritis, as well as many less common arthritis-like conditions such as fibromyalgia, gout, lupus, Lyme disease, psoriatic arthritis and ankylosing spondylitis. All of these conditions affect the body's moveable joints, which can be found in the knees, wrists, elbows, fingers, toes, hips and shoulders. The neck and back also have joints between the bones of the spine. Osteoarthritis, the most common kind, is a progressive, degenerative 'wear and tear' disease. Rheumatoid arthritis is less common and less understood. It affects younger people and seems to be associated with a faulty immune system, perhaps triggered by hereditary factors and infections, as well as diet and lifestyle. However in most cases arthritis should not be regarded as an inevitable consequence of ageing, although in Britain nine out of ten people have it by the age of 60. But why do one in ten never develop the condition? And why, in some communities, do nine in ten never develop arthritis? This is because diet and lifestyle play an important part in this which is why there is an alternative approach to years of suffering and drug taking which does not cure the disease, simply masks the pain and in some cases can speed up its progression. A nutritionist would look for the potential causes of arthritis in both sufferers and those at risk of developing it. The areas investigated and supported by the nutritionist would include: hormonal imbalances, poor lubrication of the joints, bone strains and deformities, state of mind, allergies, oxidising free radicals, infections and poor diet.

Tests which can be used*: Food Allergen Cellular Test/ Hair Mineral Analysis/ Comprehensive Digestive Stool Analysis/kinesiology

Asthma

Asthma is a lung disease, which can cause a blockage of the airways because during an attack the muscles surrounding the bronchi (small airways in the lungs) go into spasm and constrict. The spasms are due to a chronic inflammation and hypersensitivity of the airways to certain stimuli. An attack may be triggered if a susceptible individual is exposed to an allergen or irritants (stimuli). Common asthma provoking allergens include animal dander, chemicals, drugs, dust mites, environmental pollutants, feathers, food additives, fumes, mould and tobacco smoke. Other things, which can also be involved, are adrenal disorders, anxiety, changes in temperature, exercise, low blood sugar and stress. Sufferers of asthma can benefit from working with a nutritionist who is trained to identify many of these triggers using a variety of laboratory tests. There are also many effective dietary, nutrient and herbal programmes, which can be used to support the person.

Tests which can be used*: Food Allergen Cellular Test/ Hair Mineral Analysis/kinesiology.

Anxiety and Depression

Research is beginning to discover that what we *think* and *feel* is not only decided by our social and psychological environment but is also influenced by what we eat, drink and breathe. Almost every human being has already discovered how to alter their mental and emotional state chemically by having a coffee, a cigarette or an alcoholic drink (not to mention illegal recreational drugs). Until recently the only available method of helping to balance the chemistry of the brain was through a variety of drugs which tend to dampen emotional and mental activity, and, in many cases, have undesirable side effects including addiction. Only when scientists started to examine what the brain and nervous system was actually made of, did the importance of nutrition, (the food you eat) become apparent. They found that the brain is made entirely out of food molecules i.e. it concentrates large amounts of complex essential fats, vitamins, minerals, proteins and other nutrients. *In a fully-grown adult, up to thirty per cent of all energy derived from food is used by the brain.* Human beings have a brain that is ten times heavier in relation to body weight than almost every other animal. As a result scientists have learnt, that they are totally dependent on a diet rich in nutrients for mental and emotional health. Looking for nutritional deficiencies and their causes are therefore key to anxiety and depression cases. However they are not simply the result of eating a bad diet or malabsorption. Modern man is exposed to many chemicals, which interfere with the way that the nutrients from our food work. These are called anti-nutrients and include certain kinds of food additives, household chemicals, drugs and inhaled pollutants from smoking, exhaust and industrial pollution. Since the 1940's over 6,500 totally new, man made chemicals have been introduced into our food and homes. Nutritionists are trained in identifying and correcting deficiencies in the beneficial nutrients needed for health. They can also help to identify and modify a person's diet/lifestyle to reduce the many harmful 'anti-nutrients' which are known to easily affect the level and balance of both physical and mental energy.

Other areas such as food allergies and mercury toxicity will also be closely looked at. Biochemical tests may be recommended to help diagnosis.

Tests which can be used*: Hair Mineral Analysis/Food Allergen Cellular Test/Candida Screen/kinesiology

Digestive Problems / IBS

IBS is generally used as a label for a number of digestive problems, which will differ from person to person. Having a healthy, symptom free digestive system is vital to having and keeping good health. 'We are what we eat', is very true, however a nutritionist would go further and say, 'we are what we eat, digest, absorb, utilise and excrete!' If any part of this chain of events breaks down or is upset, for example by being in a state of stress, then IBS/digestive problems are set up and if not identified and corrected can worsen as time goes on. A nutritionist has been trained to look closely at your medical history and current symptoms to try to identify the root cause(s). Biochemical tests may be recommended to help diagnosis. A carefully planned dietary and supplement programme will be worked out aimed at working towards correcting the problem(s).

Tests which can be used*: Comprehensive Digestive Stool Analysis/Food Allergen Cellular Test/Intestinal Permeability/Candida Screen/kinesiology

Candida

It is not very common for doctors to diagnose candidiasis, although following appropriate testing and swabs they may diagnose vaginal thrush or oral thrush. However candida can be a systemic problem, for example candida overgrowth in the digestive tract can lead to a wide range of physical symptoms e.g. digestive problems, weight loss/gain/diarrhoea/constipation, as well as behavioural and mood changes too. In cases of suspected candidiasis nutritionists are the best people to visit. They are well-trained in recognition, detection (using laboratory testing) and treatment of systemic candidiasis. If you cannot get a definitive diagnosis but suspect that candidiasis could be your problem, or you have had recurrent thrush or large amounts of antibiotics, working with a nutritionist could be invaluable.

Tests which can be used*: Comprehensive Digestive Stool Analysis/Intestinal Permeability/Candida Screen

Chronic Fatigue / ME

Chronic Fatigue/ME is not a specific illness but rather a mixture of many different conditions, with interacting factors, so there is no single cause and therefore no single cure. Frequently people with this problem are branded a malingerer or hypochondriac, distressing the person further. However it is estimated that between 100,000 and 150,000 people in Britain alone are suffering from this problem at any one time. There are at least ten possible conditions, which may be the major causes of M.E/chronic fatigue. All of these areas will be investigated by the nutritionist when working with a new client: Viral infection, past and present, Allergies, food, chemical and environmental, nutrient deficiencies, toxicity, lifestyle, psychological and social factors, hyperventilation, glandular imbalances, blood sugar regulation, intestinal microbes, yeast infections in the gut.

Tests which can be used*: Hair Mineral Analysis/Thyroid Profile/Female Hormone Profile/Male Hormone Profile/Adrenocortex Stress Profile/Comprehensive Digestive Stool Analysis/Food Allergen Cellular Test/Intestinal Permeability/Candida Screen, kinesiology

Eczema or poor skin problems

Eczema is a common condition which affects nearly 10% of the population. Current research has shown that in most cases it is at least partly due to allergies and many sufferers improve with a diet that eliminates the foods they are sensitive to. It has also

been found that people with eczema have an altered essential fatty acid and prostaglandin metabolism, as well as an altered immune system which coupled with scratching and a predominance of the bacteria *Staphylococcus aureus* in the skin flora, can lead to an increased susceptibility to staph infections (potentially severe infections of the skin). A nutritionist would work with a client to identify food allergies, along with supporting their essential fatty acid metabolism and immune system.

Acne is the most common of all skin problems and is an inflammatory skin disorder which affects a huge number of males and females between the age of 12 to 24 and even older. The exact cause of acne is not known, however several factors involved in the problem have been discovered. Firstly research has found a link to hormonal changes in both sexes to be one of the major causes. Secondly the skin is the largest organ of the body and one of its functions is to eliminate a portion of the body's toxic waste through sweating. If the body contains more toxins than the kidneys and liver can effectively discharge, the skin takes over. In fact some doctors call the skin 'the third kidney'. As toxins escape through the skin, they disrupt the skin's healthy integrity (structure/function) which is a key factor behind many skin disorders, including acne. Other factors involved in this condition are allergies, stress, the use of certain drugs (especially steroids, oral contraceptives, long courses of antibiotics) a poor diet, nutrient deficiencies, cosmetics, menstrual cycle and yeast overgrowth. A nutritionist would work with a client to examine and identify their particular causes and then work towards making any necessary dietary, nutrient and lifestyle changes.

Tests which can be used*: Food Allergen Cellular Test / Hair mineral analysis/ Female Hormone Profile/Male Hormone Profile/Adrenocortex Stress Profile, kinesiology

Fertility

The Foresight Association for the Promotion of Pre-Conceptual Care was set up in 1978 with two main objectives. Firstly, to safeguard the health of the unborn child, by promoting preconception care (which also includes conception difficulties), and secondly to promote the study of aspects of the environment upon preconception health. Over the years the combined evidence of many eminent researchers has shown that conditions such as sub-fertility, malformation, breast-feeding difficulties, handicap, hyper-activity, learning problems, asthma, eczema and poor resistance to infection are often helped by: improving nutrition, combating pollution, identifying and treating allergies, Candida overgrowth, malabsorption and infections. Many parents who previously suffered with these problems have been greatly helped by working with a Foresight Practitioner. This has been particularly highlighted by a study of 367 couples aged between 22 and 50, who worked with a Foresight Clinician to improve all of the above areas. Among the 367 couples 217 had a previous history of reproductive problems, 136 had suffered from infertility and 139 had histories of between one to five previous miscarriages, 11 had given birth to a still born child, and 65 had had low birth weight babies. All 367 couples followed the Foresight programme and when researchers followed their cases up it was found that a staggering 327 (89%) of them had babies! In remarkable contrast to the couples' previous experiences, all their babies (137 males and 190 females) were born healthy and were well developed at birth, which occurred from 36 to 41 weeks. The average birth weight was also good (3265g). None were malformed and none were transferred to special baby care units. Among 204 couples with infertility problems, 175 (86%) had achieved healthy pregnancies! Working with a Nutritionist who has worked with Foresight can be invaluable.

Tests which can be used*: Hair Mineral Analysis/ Female Hormone Profile/Male Hormone Profile/Adrenocortex Stress Profile /Food Allergen Cellular Test/Intestinal Permeability/Candida Screen/kinesiology

Pregnancy

'No less than 60% of all nutrients that are passed from the mother to the developing infant during pregnancy are used by the brain for its development.'

Need we say anymore? It is a well known fact that a pregnant woman must look after her health and diet during pregnancy, however there is so much more to it than just taking extra folic acid and avoiding alcohol and cigarettes! Working with a nutritionist will enable you to make sure you are giving your unborn baby the best start in life as well as helping to avoid the dreaded morning sickness! Concerns of weight gain/loss during and after pregnancy can also be looked at as well.

Tests which can be used*: Hair Mineral Analysis/ Female Hormone Profile/Male Hormone Profile/Adrenocortex Stress Profile /Food Allergen Cellular Test/Intestinal Permeability/Candida Screen

Baby and child health / Hyperactivity

As a baby turns into a child and then a teenager there are rapid periods of growth and change in their bodies. It is therefore vital that they eat the right quantity and quality of foods to provide them with enough vitamins, minerals, essential fatty acids, proteins and carbohydrates. Large amounts of research over the years has shown that anything less and they could fail to thrive to their full physical, psychological and emotional potential. Working with a nutritionist will enable a parent to make sure their child does not have any deficiencies and is being given the right diet for their age.

Hyperactivity (Attention Deficit Disorder ADD) has been found to have many causes, with each child differing greatly. The types of foods a hyperactive child eats can play an important part in their condition and a nutritionist would look closely at their diet to try to identify any 'problem' foods. Food allergies may also be part of the picture as well as toxic levels of 'heavy metals' in the child's body (such as lead, cadmium and copper). A nutritionist has access to sophisticated laboratory tests which can identify allergies as well as toxic heavy metals. Lastly, nutrient deficiencies are also an important area to investigate and correct which a nutritionist is well qualified to do.

Tests which can be used*: Hair Mineral Analysis/ Female Hormone Profile/Male Hormone Profile/Adrenocortex Stress Profile /Food Allergen Cellular Test/Intestinal Permeability/Candida Screen/kinesiology

Frequent Infections/Weak Immunity

Your immune system is your own personal medical army, skilled in the art of healing, always on call, (though often forgotten and neglected) and always on hand to take preventative measures to avert a battle e.g. virus, provided you give them the ammunition and equipment to do their job properly! Whatever body you have now, it can be better and stronger if you co-operate with this immune system. You and your body are after all, a life long partnership and there is no getting away from it. Whether trying to prevent or needing to cure, an illness, your immune system is your main line of defence. Apart from bacteria and viruses there are many other 'enemies' to a healthy, efficient immune system, from vitamin/mineral deficiencies and stress to drugs, allergies and household chemicals. As in any war, the fewer the enemies you have attacking you at any one time, the more likely you are to remain in control and win the battle. A nutritionist can help you to begin to work towards identifying and eliminating these specific enemies, as well as beginning to build a stronger immune system. This applies to both adults and children. It is worth looking after your immune system so it can serve you actively and reliably, allowing you to enjoy a happy, healthy life!

Tests which can be used*: Hair Mineral Analysis/ Food Allergen Cellular Test /Adrenocortex Stress Profile

Headaches and Migraines

Migraine headaches are caused by excessive dilation of blood vessels in the head and are a common disorder, with between 15-20% of men and 25-30% of women suffering from them. What causes this dilation is thought to differ from person to person. However many formal studies have shown that by identifying and removing food allergies/intolerances, the symptoms have been greatly reduced and in some cases eliminated. Chemicals in the diet and environment, stress (physical and psychological) hormonal changes and quality of sleep have also been shown to play a part. Working with a nutritionist will hopefully enable a person to begin to identify some/all of the causes. Clients will be helped every step of the way to make any necessary dietary and lifestyle changes needed, though a combination of a detailed consultations, written reports and telephone back up. (See section on Allergies / Food Intolerances)

Tests which can be used*: Hair Mineral Analysis Profile/Adrenocortex Stress Profile /Food Allergen Cellular Test/Intestinal Permeability/kinesiology

Insomnia

Insomnia is classified as habitual sleeplessness, repeated night after night and can take the form of being unable to fall asleep when first going to bed or waking during the night and being unable to go back to sleep. An estimated 15-17% of the population suffers from insomnia at any given time. Furthermore millions of people have trouble getting to sleep due to a condition commonly known as restless leg syndrome. There are thought to be a wide variety of causes, many of which have the potential for improvement when working with a nutritionist. They include poor blood sugar control/hypoglycaemia, digestive problems, nutrient deficiencies, stress, muscle pain, caffeine and drug consumption.

Tests which can be used: Hair Mineral Analysis/ Adrenocortex Stress Profile /Comprehensive Digestive Stool Analysis/kinesiology.

Lack of Energy

See the sections on allergies, hormonal problems and M.E/Chronic fatigue.

Osteoporosis

Osteoporosis is a metabolic bone disorder, which is characterised by decreased bone mass, enhanced bone fragility and increased susceptibility to bone fractures. This problem is found in both men and women and accounts for a large number of the total fractures in the UK each year. There are two major factors that influence the risk of development of osteoporosis. Firstly the level of bone mass achieved when a person has reached 'skeletal maturity' (around the age of 30 to 35) and secondly the rate at which bone loss occurs in later years. Poor nutrition, malabsorption, vitamin /mineral imbalances, lifestyle factors and genetic and ethnic factors have all been found to affect a person's ability to reach a desirable peak bones mass in their thirties. Experts agree that prevention is likely to remain the most effective method of dealing with osteoporosis. This means that by working with a nutritionist, a person can take preventative measures in their teens/twenties and thirties to make sure they are getting enough calcium and even more importantly their body is able to absorb and utilise it properly. However it is not too late to take preventative measures after this age, research has shown that bone density can still be improved and osteoporosis slowed down. Once a person reaches their forties and older it is advisable to have an osteoporosis check, especially women are particularly

affected by the menopause (it has been found to accelerate bone loss in some cases). A nutritionist is trained to identify individuals who are at risk from developing osteoporosis, and can recommend various tests which will help to provide more information. A specific diet/supplement/lifestyle plan will be put together for the client with the aim of supporting bone density and overall good health.

Tests which can be used*: Osteoporosis Risk Evaluation/Hair Mineral Analysis/ Female Hormone Profile/ Adrenocortex Stress Profile/Post-Menopause Profile/kinesiology

PMT / Hormonal Problems

Women's hormones are meant to be in harmony – when this occurs their monthly rhythm takes its course and problems such as PMT (breast tenderness, weight gain, acne, fatigue, cravings, fluid retention etc) polycystic ovaries or fibroids should not exist, which is as nature planned. There are three main hormonal phases in a woman's life: menstruation, pregnancy and menopause. The sex hormones, progesterone and oestrogen, play a key role in all stages of the female health cycle. However more and more cases are being recognised where something has begun to go seriously amiss and over the last 50 years there has been an undeniable escalation in hormone related health problems. The incidence of PMT, infertility, early menopause, fibroids, endometrioses, polycystic breasts, ovarian/cervical breast cancer, have increased steadily and dramatically. Complaints like endometriosis, fibroids and ovarian cysts used to be extremely rare in teenage girls but now are quite common and sometimes result in irreversible infertility.

So how can working with a nutritionist help in this area of hormonal disruption? Hormones are made from the foods you eat. Eating the right food is therefore essential for forming and balancing your hormones. If a woman supplies her body with second rate fuel it will, over time, give her second rate performance. But it is not just what a woman eats that determines her health, it is also how well she digests it. Many things can influence digestive health, from high levels of stress and poor diet to genetic weaknesses and poorly functioning organs. Furthermore her lifestyle and the environment can also play a positive or negative role in hormonal health. For example there are now 100,000 synthetic chemicals in use today. Some are put directly into food, others added indirectly, in the form of pesticide residues or accumulation up the food chain from non-biodegradable industrial contaminants. Some creep into food from packaging and processing. Most of these chemicals mimic the role of oestrogen in the body and when combined with the natural oestrogen produced by women (and men) plus the added oestrogen taken in by women on the Pill or HRT, these chemicals can 'over-oestrogenise' a person. Research has found that too much oestrogen stimulates the excessive proliferation of hormone-sensitive tissue, thus increasing the risk of hormone related cancers. A nutritionist can work with you to identify areas of importance.

Tests which can be used*: Female Hormone Profile/ Hair Mineral Analysis/ Adrenocortex Stress Profile/kinesiology

Menopausal Problems

The menopause is a process that usually takes about ten years to complete. Commonly called 'the change of life', it refers to the phase which leads up to the last menstrual period and more or less marks the end of reproductive life. The balance of sex hormones is affected: the ovaries stop producing eggs and making oestrogen and progesterone (sex

hormones, which play a key role in all stages of the female health cycle). This process normally starts around the age of 45 and is usually complete by 55. During this changing period the body is adjusting to erratic hormone levels, which becomes evident by the start of irregular menstrual periods (shortened or lengthened cycles and diminished menstrual flow) and hot flushes. Further symptoms can be experienced such as loss of libido, decreased vaginal lubrication, painful intercourse, mood swings, insomnia, depression, forgetfulness and impaired concentration and incontinence. These have been found to be due to changes in other hormone levels such as testosterone and an increased demand made on the adrenal glands.

When working with menopausal clients the nutritional support is focused upon both symptom relief and disease prevention. The treatment strategy will include natural ways to support hormone balance and the adrenal gland's response to 'the change' as well as ways to help reduce the risk of cardiovascular disease and osteoporosis. These goals can be accomplished through lifestyle choices, diet, nutrient supplements and herbs.

Tests which can be used*: Osteoporosis Risk Evaluation/Hair Mineral Analysis/ Female Hormone/ Adrenocortex Stress Profile/kinesiology

Poor Memory and Concentration

See sections on allergies and depression

Sports Nutrition

Simon W ran a marathon in 3 hours 30 minutes. Six months later he ran a marathon in 2 hours 30 minutes, beating his personal best by an hour. Simon's nutritionist had devised an optimal dietary and supplement programme based entirely on his own individual needs which were determined by his lifestyle, how much he exercised, what symptoms he had, hereditary factors and so on. Over a year later he knows what is best for him and still follows a healthier eating pattern through choice. This approach to nutrition is based on the following principles which can help you achieve peak performance and maximise energy and stamina: - 1) We are all unique 2) All nutrients work in synergy 3) Lifestyle and environment affect nutritional status. Of course there is more to sporting excellence than just nutrition, but without this vital aspect no amount of training, commitment and discipline can provide your body with the energy it needs to perform a physical skill; from going to the gym to running a marathon. A sports researcher found that the diets of athletes/people in training tend to be inadequate. This is due to overly restrictive or bad eating habits, nutrition misinformation, dietary fads and /or obsession with weight and food. However it is exactly this group of people who really need sports nutrition counselling and education to help improve their eating habits and so aid performance. A nutritionist is trained to do this.

Tests which can be used*: Standard Detoxification Profile/Comprehensive Cardiovascular Risk Profile/Comprehensive Blood Screens/Hair Mineral Analysis/ Female Hormone Profile/Male Hormone Profile/Adrenocortex Stress Profile/kinesiology.

Stress Related Health Problems

'Stress' refers to any stimulus – physical, mental or emotional – that upsets the body's natural balance. Excitement, anger and fear as well as a high sugar intake, cigarettes, alcohol, tea and coffee can all bring about a similar 'stress' reaction in the body. Although it is an unavoidable part of life, if stress is on going it can really take its toll on your health. In fact, some research links stress to as much as four fifths of all major illness.

Scientists have found that stress can have a really detrimental impact not only having a psychological effect but also a strong physical impact too. They identified that the body's response to stress has not changed since the caveman. The stress then was likely to be a physical danger so the body prepared to run away or turn and fight as effectively as possible. Therefore physical changes occurred including a rise in adrenalin output leading to increased blood pressure, muscle tension and blood clotting potential. At the same time digestion is slowed down or even stopped, whilst the body channels all its energy into reacting to the stressor. Whilst man has evolved into a very sophisticated being, the basic body systems are still the same although these days it is less likely to be a wild animal but a work deadline or rushing to be on time!

When the body is forced to react to stress too often, a person can begin to suffer side effects. The most well known danger is the increased risk of a heart attack. However extra demands are placed on your body's nutrient resources; digestion is disrupted; in the longer-term sleep patterns are disturbed and your resistance to illness declines. Minor problems such as headaches, insomnia, moodiness, indigestion, infections and lethargy build up. A nutritionist has been trained to identify the areas of your health which have been negatively affected by stress. Through the combination of a specific dietary/supplement and lifestyle programme, they will work with you to help you achieve better levels of health along with taking preventative measures against the known long-term damage caused by chronic stress.

Tests which can be used*: Adrenocortex Stress Profile / Hair Mineral Analysis/Comprehensive Cardiovascular Risk Profile /Cholesterol Test/kinesiology.

Thyroid Problems

The thyroid gland is the body's internal thermostat, regulating the temperature by secreting two hormones that control how quickly the body burns calories and uses energy. If the thyroid secretes too much hormone, hyperthyroidism results; too little hormone results in hypothyroidism. Hyperthyroidism causes all the body's processes to speed up causing symptoms of nervousness, irritability, a constant feeling of being hot, increased perspiration, insomnia and fatigue, weight loss and many more. Hypothyroidism causes symptoms including fatigue, loss of appetite, inability to tolerate cold, a slow heart rate, weight gain, painful periods, fertility problems, muscle weakness and many more. Measuring levels of different hormones in the blood can determine if the thyroid gland is working properly. The nutritionist has access to a very detailed blood test, which covers more than just total thyroid hormone levels (TSH). This is important because it is possible to have a test result showing normal levels of TSH but there can still be thyroid imbalance. There are also many important nutrients needed by the body for a healthily functioning thyroid. The nutritionist would look for possible deficiencies and their causes, and would seek to help rectify them via diet, supplement and lifestyle recommendations.

Tests which can be used*: Thyroid Profile/Hair Mineral Analysis/ Female Hormone Profile/Male Hormone Profile/Adrenocortex Stress Profile/kinesiology

Unintentional Weight Loss

Unexplained weight loss can affect anyone at any time in their life. There can be many causes, which will differ from person to person. Once any serious illnesses have been ruled out by a visit to a GP, one of the most common causes can be malabsorption. When a person eats but does not seem able to gain weight it is possible that their body is not using the food properly. The body's digestive system is an incredibly sophisticated 'factory' where it receives food deliveries via the mouth and then proceeds to break it down into very simple units. These units must then be 'shipped' from the gut to the rest of the body, through the gut wall (stomach lining) where they can be used as fuel, building

blocks and catalysts. If the body does not get these units, or is not able to use them properly, weight loss can occur because it is unable to build and repair healthy tissue. There are many stages to this process to go wrong, and it is the job of the nutritionist to try to identify what is going wrong and then with the use of a specific dietary programme and therapeutic doses of nutrients, attempt to support the person's digestive system and health in general.

Tests which can be used*: Intestinal Permeability Test/ Hair Mineral Analysis/Adrenocortex Stress Profile/Food Allergen Cellular Test/Intestinal Permeability/Candida Screen/kinesiology

Weight Gain

DiETING is prone to potentially dangerous fads and fashions, which can ultimately lead to a reduction in health and an even larger increase in weight than before. DIY dieting is difficult because no one seems to agree on the best way to diet judging by the number and variety of diet books which reach the best-seller list. One year we hear that we're supposed to eat carbohydrates (e.g. bread, potatoes, rice, pasta etc.) and cut down on fat; and the next year carbohydrates are out of favour, but gobbling up fats and protein (e.g. meat, eggs, fish etc.) becomes the definitive solution. The old fashioned way to diet thought simple calorie and fat restriction also has its major drawbacks because they can set up yo-yo dieting. This is when a person manages to survive a week or two on a very low calorie diet i.e. 'starving' their bodies of energy. However the body is far cleverer than we give it credit for. We think we are forcing it to burn up 'fat stores' in place of the uneaten food, which in part is true. But what most people do not realise is that the body has a very clever mechanism, which protects itself from starvation – it just slows the rate at which it burns the calories! So the end result when a person begins to eat normally again is weight gain -even if the person is not eating more calories than they were to begin with! We can not seem to win.

Weight gain is not always connected directly to a persons diet and calorific intake; it can also be caused by severe metabolic imbalances, food intolerances, yeast overgrowth etc, all of which a nutritionist has been trained to identify. A dietary programme will be designed specifically for your health needs, with the ultimate goal of sustainable weight loss.

Tests which can be used*: Hair Mineral Analysis/ Female Hormone Profile/Male Hormone Profile/Adrenocortex Stress Profile /Food Allergen Cellular Test/allergy testing/kinesiology

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The information in this Information Pack only refers to the Qualified Nutritionists at Optnutrition, in relation to their training and qualifications. It is not referring in any way to nutritionists in general; who may have a different training background.

*Allergy/intolerance tests available at Optnutrition are included in the cost of a consultation. Clients may be recommended an extra specific test depending on the symptoms they present, through a laboratory, and are not included in the cost of the consultation.

The first consultation will normally last for one and a quarter hours, during which time the Nutritionist will go through a clients diet, lifestyle factors, past and current health history, any major stresses that have affected health, including any inherited health problems from family history. Three sessions are usually all that is necessary to complete your health programme with 6-8 weeks between each consultation.

