



## Nutrition & Naturopathy Services

### Nutritional Therapy and Naturopathy

Initial Consultation – 1 hour - £145

Follow-Up Consultations – 30 minutes - £95

### Individualised Optimal Diet Analysis

30 minutes - £85

### Natural & Nutritional Based Fat Loss

Individual Consultation – 30 minutes - £95

Total Fat Loss Consultation Package – 3 x 30 minutes - £270

## Katrina Willcox

**Nutritional Therapist and Naturopath. DipNT, ND,  
mBANT, BA (Hons)**



*Katrina is particularly interested in women and children's health, along with acne, digestive issues including candida, using food to help promote healthy blood pressure and cholesterol levels and stress.*

*As a Nutritional Therapist and Naturopath Katrina provides professional advice, evaluating a person's unique dietary and nutritional needs, whilst aiming to support their body's systems in order to help alleviate or prevent ailments and promote optimal health.*

*Katrina is a member of BANT which is the professional body for nutritional therapy practitioners and nutritional science and is a registered Pru Health and CIGNA HealthCare provider.*

*She believes that nutrition and complementary healthcare work effectively alongside conventional medicine, to help optimise a person's health and wellbeing. Katrina is passionate about empowering people by sharing knowledge about nutrition and natural therapeutics and embraces that health is absolutely about the absence of disease, but furthermore, it is also about total vitality and living life to the full!*

*Katrina originally studied Business, gaining a first class BA Honours degree which led her to a career in the city, which she continued until giving birth to her first child. During this time Katrina witnessed firsthand the value of nutritional and natural healthcare and this therapeutic experience convinced her to embark on a career change. Since then Katrina has qualified as a Nutritional Therapist and Naturopath with the respected College of Naturopathic Medicine, London, over 6 years of study, and now has 3 children.*

*Our advice is not a substitute for professional medical advice and treatment. We strongly recommend that you contact your medical doctor with any health concerns you may have. We work by supporting your particular body systems to support normal body function and to promote optimal health. However, we do not claim that our nutritional treatment corrects, modifies or restores health.*

## Nutrition and Naturopathy

*Nutrition and Naturopathy, like conventional medicine, originate from Hippocrates, who highlighted the need to evaluate the whole person and recognised nature as a physician of disease; famously saying "Let food be thy medicine and medicine be thy food". We follow his principles and promote proper nutrition, hydration and lifestyle.*

*Nutritional therapy is the application of nutrition science, providing your body with the right macro and micro nutrients to keep you healthy. Katrina's approach incorporates a methodology known as 'Functional Medicine', which recognises biochemical individuality and genetic and environmental differences. It focuses on the person rather than the disease and appreciates that the human body is a network of interconnected systems.*

## What to Expect From Your Consultation

*As part of your Nutritional Therapy and Naturopathic consultation, Katrina takes the time to get to know you and your personal health needs, current symptoms, medical history, diet, lifestyle and the condition of your body systems. A treatment plan will be tailored specifically for you, addressing the needs identified. You will be supported on your journey to optimal health and vitality. Through follow-up appointments we review how you are getting on and help you overcome any issues, tailoring your treatment plan as your health progresses.*

*Our Dietary Analysis and Natural & Nutritional Based Fat Loss services consist of shorter consultations which focus on the issues at hand and are individualised specifically to help you make these positive changes.*

## For Enquiries and Appointments

**Please Call: 07507 220280**

Or

**Email: [Katrina@thewellnaturalhealth.co.uk](mailto:Katrina@thewellnaturalhealth.co.uk)**

## Clinics are Available at:

**The Harley Street General Practice  
73 Harley Street  
London, W1G 8QJ**

**Highgate Health Centre  
31A Highgate High St,  
London, N6 5JT**