



NUTRITIONAL THERAPISTS OF IRELAND

WHAT IS NUTRITIONAL THERAPY?

Nutritional Therapy is the application of nutrition and health science to enable individuals to optimise their health potential. It is client centred and a systems based biology approach that focuses on finding the root cause of ill health.

Nutritional Therapy may help to alleviate a wide range of conditions and support recovery using food and – where appropriate – dietary supplements. It is intended to compliment conventional medicine and to support your medical practitioner's diagnosis and treatment plan. Dietary changes may be made under the supervision of a medical doctor.

WHAT IS A NUTRITIONAL THERAPIST?

A fully-qualified Nutritional Therapist holds a minimum of a three-year Diploma in Nutritional Therapy and is trained in biochemistry, physiology and pathology as well as supervised clinical practice. Nutritional Therapists are qualified to work in private practice and to see clients on an individual or group basis.

WHAT HEALTH CONCERNS CAN BENEFIT FROM NUTRITIONAL THERAPY?

- Digestive Problems
- Healthy Eating
- Weight Management
- Cardio-Vascular Health
- Skin Conditions
- Hormonal Imbalances
- High Blood Pressure & Cholesterol
- Autoimmune Conditions
- Mood issues
- Type 2 Diabetes
- Women's Health



WHAT ADVICE CAN I EXPECT TO RECEIVE FROM A NUTRITIONAL THERAPIST?

As part of the consultation process, your Nutritional Therapist will go through your medical history and assess your current health status. Your Nutritional Therapist will assess personal health symptoms, needs and goals and devise a personalised nutrition plan on this basis. You will be offered personalised lifestyle advice which is tailored to your individual health needs and health goals. This includes carefully chosen dietary recommendations, practical meal suggestions and recipes as well as tips on how to incorporate the changes into your lifestyle.

If any foods need to be reduced or eliminated for a period of time, we will suggest viable, practical alternatives that will maintain nutritional needs. Where necessary, we may also prescribe natural supplements in safe doses, e.g., probiotics and/or vitamins and minerals to help alleviate certain symptoms or optimise nutritional status. However, food is always the main part of the protocol.

HOW CAN I FIND A FULLY QUALIFIED NUTRITIONAL THERAPIST?

To find a NTOI-certified Nutritional Therapist visit our website **www.ntoi.ie**.

The Nutritional Therapists of Ireland (NTOI) is the professional association supporting qualified Nutritional Therapists in Ireland. Every NTOI member must comply with the NTOI Code of Ethics and meet on-going CPD requirements.

