

# Justine Bold

BA [Hons] Dip BCNH MBANT



## Contact

For further information or to book an appointment please contact me on:

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or visit: [www.healingnutrition.co.uk](http://www.healingnutrition.co.uk)

## Appointments

Appointments are available at the:

- **CHAIM-Centre**  
Willesden Green, London NW2
- **Ross Herbal & Natural Health Centre**  
in Ross-on-Wye, Herefordshire
- **Monmouth Clinic**  
in Monmouth

Further appointments are available in:

- **Ruardean**, Gloucestershire.

## Nutritional Therapy

Our diet can determine many elements of our long-term health and resistance to disease.

Diet also affects our energy levels and mood.

Nutritional Therapy helps to eliminate poor eating habits and optimises the intake and absorption of nutrients.

A Nutritional Therapist will design a personalised programme based on your individual needs.

## Consultations

I work with clients to assess their diets, any nutrient deficiencies and to help support their body and address any specific health concerns.

I specialise in giving practical advice about food, cooking and supplements that a client can incorporate into their lives.

I work with each client to implement changes at a pace that is acceptable to them and with understanding of their individual lifestyle factors.

Justine Bold has studied at the British College of Nutrition & Health [BCNH] where she now lectures and is a member of the British Association of Nutritional Therapy [BANT].

## Natural Approach to

- **Digestive problems**  
Irritable bowel syndrome [IBS], Colitis  
Crohn's disease, Constipation, Candida  
Bloating, Wind, Parasites  
Abdominal discomfort  
Acid reflux or Heartburn
- **Women's health**  
PMS, PCOS, Fibroids, Menopause  
Candida, Fertility & Pre-conceptual care
- **Skin problems**  
Eczema, Dry skin, Acne, Rashes  
Hives & Psoriasis
- **Infants' & children's health**  
Weaning advice, Allergies, Intolerances  
ADD, ADHD & Autism
- **Cardiovascular health**  
Angina, Arteriosclerosis  
High cholesterol & High blood pressure
- **Asthma, Allergies, Arthritis & Migraines**
- **Fatigue, CFS, ME & Insomnia**
- **Anxiety, Stress management & Depression**
- **Detoxification, Weight loss & management**
- **Laboratory tests are also available**  
Food allergy & Intolerance  
Parasitic infections & Bacterial imbalance  
Candida antibodies, Hormone levels  
Liver detoxification & toxic metals [e.g. mercury]