

Get ready to change
your ideas about

Kid's Food & Health

Concerned about your child's health?

Is your little person a picky eater, having trouble with hyperactivity, irritation, social withdrawal, anxiety or struggling with day to day life?

Perhaps there is the worry of a recurring ear infection or tonsillitis, asthma, eczema or allergies. Maybe what they eat, or don't eat, is part of the problem.



Your
food
Matters.



ATMS

Australian Traditional Medical Society Member

What does a nutritionist do?

During a consultation they will ask you lots of questions about all your symptoms, food preferences and any intolerances.

Taking a careful and thorough history helps to detect any underlying causes and imbalances.

They then suggest small manageable steps that will provide maximum improvement.

There is no judgement or deprivation

You can just look forward to the freedom that comes from eating smarter and feeling better!

If you would like to talk about food with Jenny, give her a call to arrange an appointment; at the clinic, in your home, or via Skype.

Fee Schedule

Individual

Initial consultation with full written report (1 hour minimum)	\$95
Follow-up consultation	\$75
½ hour consultation	\$60

Family

Initial consultation (up to 6 members)	\$250
Full written report with specific notes for each member	



Understanding Nutrition

454 Hargreaves Street, Bendigo, Victoria 3550

0419 577 963

contact@yourfoodmatters.com.au

www.yourfoodmatters.com.au

