



THE HEALING NUTRITIONIST

Naturopathic Nutritional Therapy Packages

2024

Therapy by:
Imogen Kirk-Reynolds



WHAT ARE YOU EATING, AND WHAT'S EATING YOU?

Most of us know how to eat healthily;
fresh natural food and sensible portions.

The question is, why are we not living in
the bodies we want to?





How Can I Help?

We are more than the sum of what we put in our mouths. We are emotional beings. Your internal and external world needs to be taken into consideration when addressing something as seemingly simple as weight and likewise, of course, with more complex health issues.

I take the already holistic practice of Naturopathic Nutritional Therapy and bring over a decade of experience in Energy Medicine. We are all individuals and I firmly believe a one size does not fit all. I delight in the diversity of individuals and look forward to each patient as a new story; providing the guidance to help you reach your best self.



Who do I work with?



Women's Hormonal Health

Menstrual Issues; PMS; PMDD; Fertility;
Pre-Natal; Post-Natal Depletion.



Digestive Issues

IBS; Chronic digestive disorders;
Binge Eating/Over eating; Food
intolerances/allergies.



Body Composition

Fat Loss; Body Recomposition;
Metabolism support; Chronic Fatigue.



Emotional & Mental Wellbeing

Stress Management; Anxiety; Depression;
Sleep disorders.





A bit about me...

The Healing Nutritionist

Imogen Kirk-Reynolds DipNatThur BAhons ANP CNHC

Imogen is a BANT registered Nutritional Therapist, having graduated with Merit (first equivalent) from the prestigious London School of Naturopathic Medicine. She brings to her practice over a decade of Energy Medicine experience having commenced her three year training in 2008.

Imogen is CNHC registered (the government backed regulatory standards body), she integrates evidence based western medicine and functional testing with the wisdom of traditional medicine practices.



British Association for Nutrition and Lifestyle Medicine





My Healing Story...

“

As a child I was teased by my family for my extended toilet sessions. Then as a teen came the pain of abdominal cramping and the embarrassment of being so bloated I looked pregnant, not only after simply eating, but even after brushing my teeth! I would catch every cold going around, I had recurrent yeast infections and cystitis, and was constantly tired.

At 17 years old I ended up in the hospital, where I received the news that the doctors didn't really know what was wrong with me, why I had been experiencing agonising cramps mimicking a burst appendix, or how to help me.

The Doctors let me know that for now they couldn't give me a real diagnosis, but if I came back next year at 18 they could provide me with the label of IBS. I was sent home with the gentle advice of eating soup and toast... I later discovered I had a strong intolerance to the wheat in said toast!

Thanks to the support of my Mother I then went down the path of a series of alternative practitioners who helped me grow my knowledge and restore my health. At 19, whilst my fellow University colleagues were dining on pot noodle and vodka red-bull I was on elimination diet and a strict supplement regime.

After 10 years of self-learning I was still struggling with my menstrual health and chronic fatigue, I decided to train to be a Naturopathic Nutritional Therapist. Over the 4 years of training my gained knowledge and resources enabled me to get to the best health of my life.

Through healing my digestion and balancing my hormones I am now pain free, emotionally balanced, physically energised, have a functioning immune system that keeps me well for months on end, and have a fit healthy body.

I understand the difference that professional nutritional support can provide. I know what it's like to finally feel heard and feel like there are options. I want to share my knowledge with others, so they too can improve their health and their life too.

”



Healing through: Energy Medicine



We are more than the sum of what we put in our mouths. We are emotional as well as physical beings. Your internal and external world needs to be taken into consideration when addressing health goals or medical issues.

I bring the already holistic practice of Naturopathic Nutritional Therapy and bring over a decade of experience in Energy Medicine. I have found that addressing subconscious emotional blocks, stress and repressed trauma is essential for deeper healing.

This is why I include an Energy Medicine consultation, body-scan report and treatment for all new nutrition clients (who can attend my London Clinic). This report is invaluable in discerning the root cause behind presenting symptoms.

Dependant on budget and preference clients then have the choice to continue with energy medicine treatment along-side nutrition or continue solely with nutritional therapy.

Questions?

What does a body-scan include?

What is an Energy Healing treatment?

How can the treatment help me?

See more information on page 11 of this pdf. For further questions you can arrange a free call back here: [CLICK HERE](#)

My Story

I have always been sensitive. As a child I sensed, saw and heard things that others could not. It was often confusing and overwhelming.

In my late teens I started to make sense of all of this when I was introduced in 2008 to the esoteric world of psychic development and energy healing at The School of Insight and Intuition in Richmond, London. I went onto study there for 3 years gaining my professional qualification in Energy Healing.

I later went onto study buddhist meditation in the monasteries and nunneries of Nepal, and have undertaken intensive Vipassina meditation courses several times over the years. In 2018 I was initiated into the Shamanic school of healing during my time training in the Amazon, Peru. I bring this rich accumulated knowledge to the eastern medicinal wisdom of the Ayurvedic and Traditional Chinese Medicine acquired in my Naturopathic training.



The Healing Journey

For other price information including further Nutritional or Energy Medicine follow-up consultation please [click here](#)

New Client Packages

8 Week, Online, Nutritional Therapy Packages

Asses ➡ **Balance** ➡ **Nourish**

At the London Clinic New Client Package 8 Weeks £499

- Initial Energy Medicine Consultation with Treatment, up to 2 hours.
- Initial Nutritional Therapy Consultation, 90mins
- Follow-up Nutrition Consultation, 60 mins, with ongoing email support
- Personalised nutrition, supplement and lifestyle plan plus Bio-energetics report & body-scan.
- 10% discount on supplements

Online Only New Client Package 8 Weeks £385

- Initial Nutritional Therapy Consultation, 90mins
- Follow-up Nutrition Consultation, 60 mins
- Personalised nutrition, supplement and lifestyle plan
- Ongoing email support
- 10% discount on supplements



Nutritional Therapy & Energy Medicine

8 Week, In Clinic Package

What's included?

New Client Package

The Green Room, London, NW3

8 Week, Online, Nutritional Therapy Package:

Asses ➡ **Balance** ➡ **Nourish**



Week 1: 20 min discovery call. Complete your pre-consultation questionnaire and food diary.



Week 2: Initial Energy Medicine Consultation with Treatment: up to 2 hours - in person at the clinic.



Week 3: Initial Nutritional Therapy Consultation: 90 minutes - in-person or online via Zoom.



Week 4: Receive your Nutrition Programme including dietary, supplementary and lifestyle support and recommendations, plus Bio-energetics report & body-scan.



Week 5: Progress check - I will check in to see your progress and see if you have any questions. We will arrange any recommended clinical testing.



Week 6: Continued email support. I will analyse any clinical testing results in preparation for your follow-up Consultation.



Week 8: Follow-up Nutrition Consultation: 60 minutes in-person or online via zoom



Nutritional Therapy & Energy Medicine

8 Week, In Clinic Package

What's included?

Initial Energy Medicine Consultation & treatment: up to 2 hours - in London Clinic

Receiving healing is a relaxing experience, however the effect of this can be profound. Each individual feels the effects of healing differently.

Any issues I pick up on during the session I will send healing to and include in your report, however to *treat* chronic issues will require further sessions. The information I receive from your body-scan will be compiled into a report. This will be emailed to you along with your Nutritional plan. This report can include:

- Lifestyle recommendations to support your individual needs
- How your stress or emotions have been affecting your physical health
- An insight into the root cause behind your symptoms
- How to improve factors such as: self-esteem, intuitive decision making, mental clarity, increased feelings of fulfilment and purpose, stress reduction

What can you get from the session:

- A feeling of lightness having relieved the burden of carrying past emotional trauma
- Feeling calm and peaceful after a period of stress
- Finding the emotional cause behind disordered eating such as comfort eating, binge eating, or under eating
- Relief of pain and physical tension, such as headaches, body pains and muscular tension
- Improved sleep quality
- Renewed vitality
- A raised immune system
- Relief from depression, anxiety and emotional upset
- Relief from stress and an increase in mental clarity



Nutritional Therapy & Energy Medicine

8 Week, In Clinic Package

What's included?

Initial Nutritional Therapy Consultation: 90 minutes – In clinic or via Zoom

Your nutritional therapy programme will begin with discussing your health goals, your (and your family's) medical health history, your current (and prior) diet as well as your symptoms and allergies. I take a holistic approach so it's helpful for me to understand any lifestyle factors such as stress, family or work pressures that could be affecting your health. By the end of your consultation, I aim to have a clear understanding of factors that may be influencing your current health status.

Together we will devise a personalised and practical phased nutritional programme tailored to your lifestyle to support your health encompassing, as appropriate, diet and lifestyle modifications, supplemental support, functional laboratory testing options and/or medical referrals as necessary. If appropriate I will also give you some relaxation tips such as breathing or meditation techniques to help with sleep and relaxation. You will leave with a clear understanding of how we can work together to achieve your optimum health through nutrition.

What you will get from the session:

-  Dietary recommendations
-  Supplementation recommendations
-  Lifestyle recommendations
-  Information handouts relating to your dietary advice
-  Recommended functional testing
-  GP referral letter (if appropriate)
-  Recipe recommendations (please note this is not a meal plan)
-  Continued email support throughout
-  10% off supplements, and where to find them



Nutritional Therapy & Energy Medicine

8 Week, In Clinic Package

What's included?

Follow-up Nutrition Consultation: 60 minutes – In Clinic or via Zoom

Your nutritional therapy follow-up consultation will begin with discussing how you have been doing with the recommendations, how you are feeling and measuring for reduction of symptoms and/or progress of health goals. If there are areas that you have struggled with, or really enjoyed and would like more of we can adjust your plan accordingly. If functional testing has been recommended, I will interpret these as I receive them in preparation for your follow-up consultation and your plan will be adjusted according to these. Should any results require a GP referral letter or further testing this can also be discussed during this session. We can also discuss if you would like to move forward with a slightly different focus or new aim.

What you will get from the session:

- Review of dietary recommendations
- Review of supplementation recommendations
- Review of lifestyle recommendations
- New information handouts (if relevant)
- Recommended functional testing (if relevant)
- GP referral letter (if appropriate)
- Recipe recommendations (please note this is not a meal plan)
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Nutritional Therapy Package: 8 Week, Online Package

What's included?

New Client Package

Online Only

8 Week, Online, Nutritional Therapy Package:

Asses ➡ **Balance** ➡ **Nourish**

- Week 1: 30 min discovery call. Complete your pre-consultation questionnaire and food diary.
- Week 2: Initial Nutritional Therapy Consultation: 90 minutes - via Zoom
- Week 3: Receive your Nutrition Programme including dietary, supplementary and lifestyle support and recommendations.
- Week 4: Continued email support. I will check in to see your progress and see if you have any questions. We will arrange any recommended clinical testing.
- Week 5: Continued email support. I will analyse any clinical testing results in preparation for your follow-up Consultation.
- Week 8: Follow- up Nutrition Consultation: 60 minutes online via zoom



Nutritional Therapy Package: 8 Week, Online Package

What's included?

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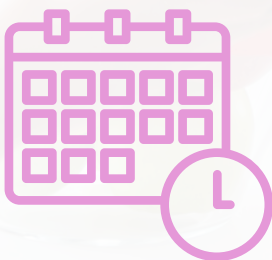


Ready to Book in?

Reserve your place to begin your healing journey

At the London Clinic New Client Package 8 weeks £499

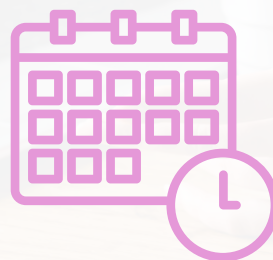
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- 90 min Initial Energy Medicine Consultation with Treatment
- 60 min follow-up Nutrition Consultation
- Personalised nutrition, supplement and lifestyle plan plus Bio-energetics report & body-scan
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Availability
& Booking
[CLICK HERE](#)

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Availability
& Booking
[CLICK HERE](#)

ELIGIBLE FOR PRIVATE HEALTH CASH BACK SCHEMES

Including: BUPA; Westfield Health; Health Shield, and more, please check with your provider



Contact:
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www.thehealingnutritionist.co.uk



Still have questions? Book your free discovery call today!

Book in for a **20 minute free discovery call**
to see how we can work together.



[Book a call back...](#)



Send me an email...

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Give me a call...

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