

# FITTER

FOOD



**FITTER FOOD  
NUTRITIONAL THERAPY  
AND WELLBEING SUPPORT**

## FITTER FOOD NUTRITIONAL THERAPY AND WELLBEING SUPPORT



Keris Marsden, best-selling author, NT Dip, BA Hons, mBANT has over 10 years clinical experience working with individuals, groups and lecturing in nutritional therapy.

As a fitness professional she also provides guidance around exercise and daily movement.

All recommendations are supported with practical guidance and tools to help you implement changes including a consultation report, meal plans, recipes, educational resources and exercise programmes where applicable.

Together we look at everything including your health history, genetic predisposition, current diet and exercise routine, your symptoms and most importantly, your mental and emotional health.

In-depth consultations provide a chance for me to get to know and understand you as a person. This enables me to support you in every aspect of your health with a plan that's personalised, realistic and designed just for you.

### QUALIFICATIONS & PROFESSIONAL INSURANCE

- BANT registered Nutritional Therapist
- Registered with Complementary and Natural Health Care Council
- NASM Level 3 Personal Trainer
- Yoga Teacher registered with Yoga Alliance

Keris looked at the whole picture, which was great and helped me see more clearly what was causing my issues now and long term. Since doing the gut protocol my fatigue and IBS symptoms are almost non-existent and any mild symptoms are easily kept at bay by continuing her lifestyle and food advice.

Sarah | Fatigue and IBS

### WHAT IS NUTRITIONAL THERAPY?

Nutritional therapy is a personalised approach to restoring your health and wellbeing.

It seeks to establish the root causes of your health issues and correct any underlying imbalances within the body using a nutritious diet, energy balance, nutritional supplements, exercise, movement and emotional support. These lifestyle changes will also prevent further health challenges in the future.



### BEYOND FOOD: WELLBEING SUPPORT

Nutrition is fundamental to your wellbeing, however, consultations will always address the wider aspects of your lifestyle that can influence your physical and mental health including:

- Exercise and movement
- Emotional health
- Stress
- Relationships and support network
- Sleep health
- Personalised supplement support

“ I weaned myself off medication within 4 months of starting my new diet, got pregnant naturally within 6 months. I have two healthy daughters now and feel so much better educated about food choices. ”

Agnieszka | Pre-natal Nutrition Support





## AREAS OF EXPERTISE

### Musculoskeletal Health

Neuropathy  
 Osteopenia  
 Arthritis: Rheumatoid and Osteoarthritis  
 Osteoporosis

### Digestion

Irritable Bowel Syndrome  
 Crohn's and Colitis  
 Coeliac  
 Acid Reflux  
 Food Intolerances/Allergies

### Mood, Energy & Sleep Disorders

Fatigue  
 Insomnia  
 Anxiety and Panic Attacks  
 Poor Memory and Concentration

### Hormones and Fertility

Pre-Post Natal Nutrition  
 Menopause & Perimenopause  
 Polycystic Ovarian Syndrome  
 Amenorrhea  
 Low Testosterone  
 Hyperthyroidism or Hypothyroidism  
 (Hashimoto's / Grave's Disease)  
 Premenstrual Symptoms  
 Endometriosis

### Immune Health

Allergies  
 Autoimmune Diseases  
 e.g. Rheumatoid Arthritis

### WHAT'S INVOLVED

#### Pre-Consultation

You will be requested to complete a questionnaire that details:

- Health goals
- Symptoms; including an assessment of your sleep health, skin and current stress levels
- Medications and nutritional supplements
- Your health history and conditions present within your family
- In-depth assessment of dietary intake
- Details of your exercise and physical activity routine

#### The Consultation

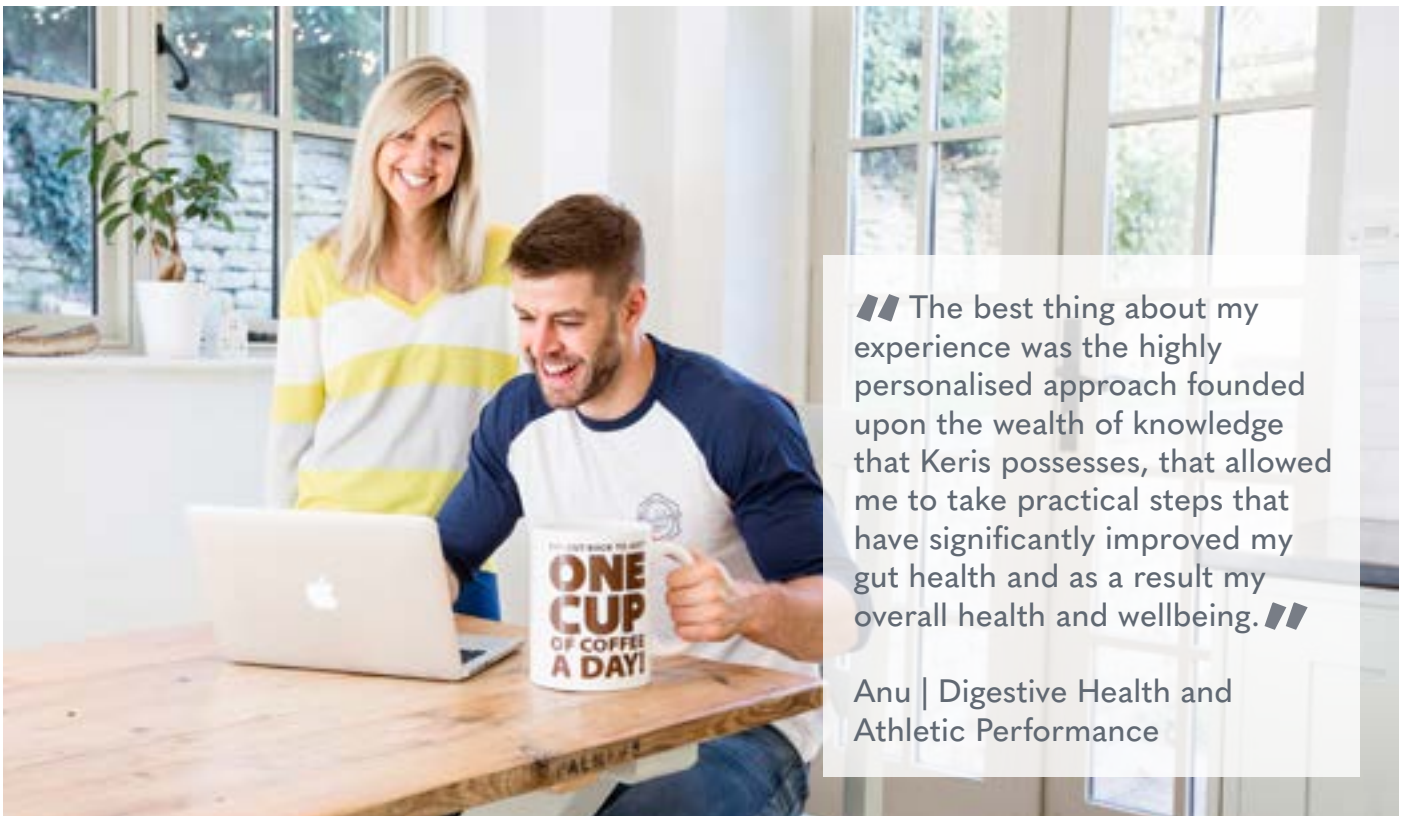
This is a 60 minute virtual appointment via Skype, videocall or phone to get to know you in person and discuss the information provided on your questionnaire.

#### Post Consultation

Your consultation report will be emailed shortly after providing detailed guidance regarding nutrition, supplements, movement and mindset support. It will contain all the resources and tools you need to implement the necessary changes to your lifestyle and daily routine.

### MEDICAL SUPPORT

Nutritional therapy can be implemented alongside any professional medical care. Reviews of your medical records, blood tests and any imaging reports can be included in the consultation. Where necessary there will be correspondence with GP's and consultants to ensure no recommendations are contraindicated.



“ The best thing about my experience was the highly personalised approach founded upon the wealth of knowledge that Keris possesses, that allowed me to take practical steps that have significantly improved my gut health and as a result my overall health and wellbeing.”

Anu | Digestive Health and Athletic Performance

## SINGLE NUTRITIONAL THERAPY AND WELLBEING CONSULTATION £200

### Includes

- ✓ One 60 minute virtual consultation
- ✓ An in-depth consultation report detailing recommendations, educational resources, supplement sheet (provided the same day as the consultation)
- ✓ Recipes, portion/macronutrient guidance and exercise plans where applicable
- ✓ 10% discount on nutritional supplements
- ✓ 60 minute follow up consultations are £130
- ✗ Aftercare support and email check ins
- ✗ Follow up consultations
- ✗ Functional testing application and review
- ✗ FREE access to Fitter 365 membership site with meal plans, community support, yoga, real time workouts and mindset support

## 12 WEEK NUTRITIONAL THERAPY AND WELLBEING CONSULTATION PACKAGE £650

### Includes

- ✓ Three 60 minute virtual consultations over 12 weeks
- ✓ Three in-depth consultation reports detailing recommendations, educational resources, supplement plan (provided the same day as the consultation)
- ✓ Recipes, portion/macronutrient guidance and exercise plans where applicable
- ✓ 10% discount on nutritional supplements
- ✓ Continued email support and regular check ins
- ✓ Functional laboratory testing application and review where needed (laboratory test fees not included)
- ✓ FREE access to Fitter 365 membership site with meal plans, community support, yoga, real time workouts and mindset support

**NOTE** If you have any chronic or complex health issues that have persisted for a significant amount of time it is recommended that you participate in this longer term consultation package.

## SUPPORT POWER HOUR £97

One hour virtual appointment to obtain professional guidance regarding your health. You will need to take your own notes as no aftercare is provided with this option.

**NOTE** This does not include completing a pre-consultation questionnaire, supplement plans or consultation reports.

More complex health conditions benefit from one of the nutritional therapy consultation options to cover all the necessary details.

### HOW TO MAKE A BOOKING

You can book your appointment via the services page on the Fitter Food website <http://bit.ly/FFConsults>

Following payment, you will be emailed your health questionnaire to complete and return to Keris prior to your consultation and requested to book an appointment via our online booking system. If you have any queries please contact [info@fitterfood.com](mailto:info@fitterfood.com).

“ I had been suffering with hypothyroidism for several years and getting no where fast so I decided to have a 1:1 consultation with Keris. It completely changed my life! I was tired despite sleeping a ridiculous amount of time, depressed, overweight, had terrible brain fog, and felt I had no purpose. Keris had pretty much worked it out from my blood test results and the in-depth medical/life history forms that I had Hashimotos. Keris has helped me find the right nutritional therapy to meet my needs and to make the right changes to my diet to help my autoimmune condition. At 56 I feel I am finally getting my life back. If you're thinking of investing in a 1:1 with Keris I'd say do it – don't put it off! ”

Jane | Hypothyroidism (Hashimotos)

“ I wanted to send you a quick email to say THANK YOU so much for all of your support.

I am pleased to tell you that I have fully recovered, physically and emotionally, from being unwell last year, and I honestly don't think I would be where I am today without your knowledge and support. I have returned to full time work, and to a varied and enjoyable exercise routine.

I no longer have any gut discomfort whatsoever (which had been present for a few years), anxiety levels are much reduced, and my skin is really healthy.

Your caring approach was exactly what I needed when I was at my lowest and I cannot thank you enough for your time and expertise. ”

Lauren | Digestive and Immune Support

“ I hadn't had periods for over 4 years and was badly over exercising and undereating. Keris made me see all this and although it has been a long journey for me to realise it myself I've finally learnt how to nurture my body. My periods came back the next month. I wouldn't have been able to do any of this without Keris. ”

Clare | Amenorrhea

