

# EATING OUR WAY TO BETTER HEALTH

with Claire Parry at Colne's  
Natural Therapy Centre



The health of our gut is extremely important as the pH levels and flora microorganisms (including bacteria, archaea and fungi) that live in the stomach and digestive system play an essential role in many aspects of our health, including, immunity, digestion, cognitive function, weight management and inflammation. Poor diet, stress, exercise, sleep, medications such as antibiotics and NSAIDs, smoking, pollution, pesticides, chemicals, infections, and hormones can all disturb this delicate balance resulting in our physical, emotional, and mental health being affected.

Seven years ago, I discovered I had a condition called Candida Albicans. Candida is a condition which saps the very core of one's vitality and well-being. For me it occurred after being prescribed four courses of antibiotics in quick succession, almost immediately I began to suffer with very low energy, low moods, food sensitivities and intolerances, new allergies, persistent infections, skin rashes, debilitating fatigue, vertigo and reduced cognitive skills. I was prescribed more antibiotics for each of the individual symptoms but nothing helped and this spiral continued until I decided to take a different approach. Working with a Nutritionist gave me back my health, it took nine months to restore my gut health and immune system through using food as medicine.

As a Registered Nutritionist and Complementary Health Practitioner I know from personal experience how good health can be re-gained or improved through eating the right foods and supporting this process with natural tonic herbs. My approach to nutritional therapy and wellness encompasses the whole you by adopting a person-centred

approach. During the initial consultation I spend time listening to your health history and looking at the interactions amongst genetic, environmental, and lifestyle factors which can influence long-term health and complex chronic disease, during this appointment I may check your blood sugars, cholesterol levels and blood pressure if required. Nutritional Therapy is a recognised form of Functional Medicine which means it's focus is to get to the root of the problem. Together we look at what happened in the weeks, months and years leading up to when the symptoms started and a tailored treatment plan will be prepared specifically for you. I may suggest further testing to look at possible food intolerances, thyroid health or Candida but this would be discussed at your appointment.

If you suffer from, or are at risk of, IBS, High Cholesterol, Bloating, Weight Issues, Stomach Ulcers, Acid Reflux, Allergies, Skin Conditions, Fatigue, Low Energy, Food Intolerances, Inflammatory Conditions, Endometriosis, Diabetes Type II or any other condition and would like to speak to someone in confidence then get in touch for a free 10 minute no-obligation consultation and see how Nutrition can help you regain health longevity. All appointments can be either in-person at my practice in Colne, or via telephone or video call from the comfort of your home. Private health checks can also be booked separately which include, blood pressure, cholesterol, pulse rate and blood sugar levels.

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