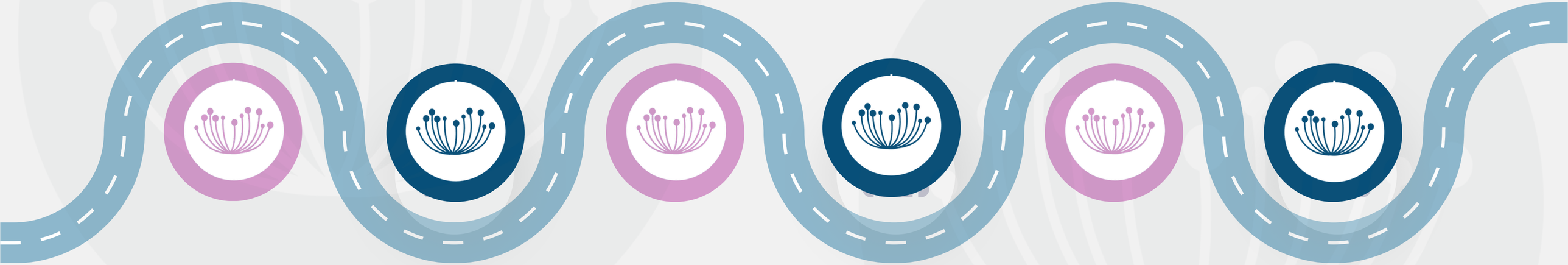
You Nutrition

Clinic. Education. Research.



Introducing ‘The Parkinson’s Protocol’

Our evidence-based functional medicine programme for Parkinson’s Disease and Parkinson’s Disease prevention

Information gathering

In our initial consultation, we will consider your health and life history, and map out the beginning of our therapeutic journey.

Optimising your nutritional status

We will start the process of optimising your dietary intake and ensuring optimum protein distribution, to ensure that your diet supports your diagnosis.

Supporting your gut health

Health starts with the gut, so we start there too with a functional stool test and/or diet and supplementation to support symptoms

Reviewing your metabolic health

We start with standard blood tests to ensure that your metabolic health is optimised.

Nutrigenomics

We then move on to understanding and supporting your genetic predisposition and how this relates to methylation, detoxification, dietary intake and supplementation

Supporting your immune health

We will ensure that your immune system is optimised. This includes reducing neuroinflammation and oxidative stress.

Supporting lifestyle

We will consider your sleep, stress levels, physical activity and work with you to optimise this using health coaching techniques, diet and nutraceuticals

Understanding what lies within

We will use a variety of markers to determine your toxic load and make a plan with you to reduce this, using homoeopathy, herbs and nutraceutical support.

Addressing pathogenic load

Whether there is evidence of bacteria, parasites, mould, candida, viruses or Lyme disease markers, we will work closely with you to address this.



Optimising your environment

We will work closely with you to reduce your exposure to toxins from the air you breathe and the water you drink. We will also consider exposure to mould and environmental toxins.

Supporting cellular health

Using OAT and other tests, the focus is optimising cellular health, mitochondrial function and cell membrane integrity, reducing oxidative stress and neuroinflammation.

Metals and toxins

We will support your cellular health and detoxification pathways as you begin the process of reducing your cellular toxin load. Safety is our priority.

Breath and movement

Our specialist Breath and Movement practitioner, Rae, will carry out an initial assessment to determine your capacity and work with you to optimise your breathing and movement.

Supporting mental wellness

You Nutrition works closely with a number of providers who can offer emotional and physical support to clients.

Supporting medical interventions

Some clients may benefit from treatments outside of our scope, such as DBS. We can optimise your nutrient status ahead of any medical procedure.



Supporting exercise

We will work with our extensive network to find you the best options for physical activity and bone health support.

Supporting sleep

You Nutrition provides recommendations for sleep management, and can provide external resources as required.

Supporting other symptoms

We work collaboratively with medical teams for clients who have various issues such as speech and swallowing, and where medication reviews may be beneficial.

You Nutrition

You're in safe hands

