

New -U- Nutrition

Nutrition and Eating Disorders Clinic

Nutritional Therapy is a natural therapy that aims to work in harmony with the body's own innate healing systems.

It uses the latest scientific research to determine how diet and lifestyle changes can reduce symptoms and improve health, Nutritional Therapy detoxifies the body, corrects vitamin and mineral deficiencies, resolves allergies and restores healthy digestion.



Jayne Byrne Dip NT mIANT
Nutritional Therapist

For an appointment

telephone **087 2352437**
or email **info@new-u-nutrition.com**
visit our website at
www.new-u-nutrition.com

**Located on Herbert Street
off Baggot Street Dublin 2**

If you suffer from one of the following Nutritional Therapy may help provide relief.

Digestive problems

**Allergies & food
intolerance's**

Weight issues

**Menopausal or
reproductive problems**

Hormone imbalances

Skin problems

Fatigue and stress

Low moods

**Frequent infections
& low immunity**

**Arthritis and joint
problems**

For Wellbeing

Services Provided Include

- **Personal one to one consultations -**
you will receive a personally tailored dietary advice program based on the most up-to-date health science
- **Talks and lectures -**
to schools, community and special interest groups
- **Business Plus -**
working with companies to help maximise the health and wellbeing of their staff, through half and one day training sessions and mini consultations.
- **Courses -**
one day nutrition and health courses

For further information on any of the services listed above please call



087 2352437

or visit our website

www.new-u-nutrition.com

and start to feel a new you

