

Recent Testimonials - 2008

1 ECZEMA AND CONSTIPATION

Angela Dare re son Thomas, 18 months

"We brought our 18 month old son to Sally as he was suffering with eczema and constipation which was beginning to affect his behaviour and general happiness. We were also concerned that the medicines prescribed by our GP seemed only to mask the symptoms and not to treat the causes.

Sally has a kind and reassuring approach. She did not make assumptions, but used a logical and methodical approach backed up by skilled analysis, a lot of experience and a genuine desire to help. She suggested dietary changes, supplements and a book on Optimum Nutrition for Babies and Children, that she felt sure would benefit our son. We were also able to telephone Sally weekly with feedback and she could give further advice if necessary. After a few months our son was free (and continues to be) of both eczema and constipation."

2 ACID REFLUX AND OESOPHAGITIS

Mrs Joy Clark

"I consulted you after frequently feeling generally not well and having no energy. This was due to repeat attacks of severe indigestion caused by reflux acidity, which resulted in an irritated oesophagus.

After advice on foods to avoid and a course of nutritional tablets I can now say that I feel far more energetic and only have very occasional bouts of discomfort, and that is usually if I have eaten the wrong foods.

Thank you Sally for your recommendations. I am very grateful to have found life more comfortable at last."

3 CONSTIPATION AND PMS

Dr. Jayne Nation

"I was in a poorly state when I first visited Sally Whitman on the recommendation of a colleague. Frequent antibiotic use for a variety of infections and an irregular diet had left me feeling exhausted, bloated, suffering from digestive upset and plagued by constipation and pre-menstrual syndrome. After Sally put me through a thorough diagnostic process and an enjoyable and healthy eating programme I can honestly say that I have never felt so well! I am in the process of using the knowledge Sally has given me to restore my digestive system back to perfect health (my constipation and tummy troubles have all but disappeared) and all my pre-menstrual symptoms have gone. I have lost quite a lot of weight without really trying but more importantly, I am bouncing with energy and I haven't had any more infections! I thoroughly recommend Sally; she is knowledgeable and methodical in her approach and can really make a difference to your wellbeing and quality of life."

4 SCHIZOPHRENIA AND OCD

Katey Nixon

Your nutritional advice helped me greatly in my recovery from OCD and Schizophrenia. In particular, cutting out milk products reduced my anxiety levels greatly and this supported me in many ways. For example, I was no longer afraid of driving my car. This led to a change of job to one that had a great deal more meaning for me, yet involved driving. Although I am still on my medication, I have been discharged from the mental health services. Even the DVLA have rubber stamped my recovery and my driving licence is no longer reviewed every three years as it used to be. My life now has much more meaning and I am so much happier. I am certain this recovery would not have taken place, but for the dietary advice that you gave me. Sorry I can't express it in a snappy sentence - there is too much to say.

THANKS ALSO FOR THE ADVICE ON

5 MOOD SWINGS AND SUGAR CRAVINGS

Katey Nixon

"Thanks for the advice you gave me in the session before Christmas. Since taking up your nutritional advice I have experienced a quite unusual and unexpected result - I am not impulse spending anymore. Who would have thought that the simple advice of eating porridge for breakfast could clear the overdraft!

I just wanted to say that I normally spend an amount of approximately four times your fee on impulse spending in a period of a month, but over the last few weeks I have not been impulse spending at all! Thanks."

6 SPORTS NUTRITION ADVICE

Iain McKinnis

"I not only run my own business but I am a committed athlete. The programme provided by Sally has made a very positive impact on all aspects of my life. I have more energy, sleep better and have a better sense of wellbeing. I couldn't recommend her highly enough, it could make a real difference to your life."



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7 PAIN

Nuala Brogan

"When I first saw Sally I was experiencing mood swings, poor sleep and joint pain as well as various stomach pains. By removing certain foods from my diet I discovered foods that I had previously not liked such as fish and fruit. The diet was difficult at times though I was encouraged to keep to it as best I could as I felt so much better in myself, all of my symptoms had gone. I can now eat all of the food that I was previously intolerant of and it is a joy to be able to choose from a variety of foods and keep my diet healthy and balanced."

8 PAIN AND WEIGHT

Jacqui Le Maitre

"I cannot begin to tell you the difference that Sally advice has made to my life. When I arrived to see her, I had exhausted all medical avenues and was a little weary of the amount of blood and the number of tests that I had but my body through. Sally's suggestions to diet and life style have resulted in a 'new me.' I feel 100% better, with no pain and have lost nearly 2 stone."

9 DIARRHOEA

Dave Evans

"For over a period of five years I had problems with my digestive system. It appeared that anything and everything I ate gave me diarrhoea. Eventually I sought private medical treatment. The diagnosis was that I should have my gall bladder removed although the hospital medical team stated that the operation was only 80% sure of curing my ailment.

On the advice of a friend I consulted Sally Whitman of Blackberry Nutrition. She had completely cured my friend of a similar problem to mine. She set me a controlled diet and a course of natural remedies. The result was that I am now able to eat and drink whatever I wish without any adverse affect. My digestive system is now completely normal.

I heartily recommend Sally Whitman and Blackberry Nutrition and am happy to have my name used as an endorsement."

10 IBS

Kate Mynard

"After trying to manage IBS myself for many years and trying several different routes to alleviate the symptoms which were to no avail, I went to see Sally Whitman. I was at the end of my tether when I first visited her as I felt so low with all the symptoms I was experiencing (diarrhea, bloating, stomach cramps and anxiety just to name a few). She recommended what foods I should/shouldn't be eating to allow my stomach to settle down and which supplements may help with the process. I also chose to have tests which helped clarify what was causing the problem and these were very worthwhile.

It has now been 6 months since I first saw Sally and I cannot stress enough how much she has helped me. Sally

is so supportive and positive at the consultations and she is there for support in between consultations to answer any questions too, which is great. My stomach has settled down, I no longer feel uncomfortable and bloated every day and I'm gaining confidence in going out and about which I wouldn't have done so before because I was too anxious about going somewhere I didn't know because I would never know when my stomach might decide that I needed the toilet – a very embarrassing condition. I am now gradually introducing foods back into my diet and monitoring the effect. My family and friends have noticed a big difference in me, saying that I look healthier and that my confidence has grown. I also no longer have extremely painful periods and my skin has improved no end. When I look back to how I was feeling a few months back I realise just how low I was and how poorly I felt, and I thank Sally whole heartedly for helping me to get my life back!"

11 HEADACHES/MIGRAINES AND WEIGHT GAIN

Andrea Willis

"Sally was recommended to me by a friend. I had been suffering from pre-menstrual migraines and general tension headaches along with other minor health niggles (eczema; poor digestion) coupled with extra weight not shifted from my two pregnancies.

Sally's approach has been excellent, a very thorough diagnostic session at the start enable us to take some immediate steps which dramatically improved my digestion and other minor ailments, along with dietary advice which kick started the weight loss (I lost just over 2 stones in 5 months). The weight has stayed off for over 6 months and my new diet is now a way of life and I do not miss the old way of eating in the slightest.

Through my diet (and supplements recommended by Sally) I have had a dramatic improvement in the headaches. I have been complementing the dietary advice from Sally with monthly reflexology sessions at the CHHC and both of these have stopped the headaches/migraines ruling my life and they have become much more manageable.

I have actually enjoyed the process and have learnt a great deal about how the food I eat influences by body and makes it react in a certain way. I have also applied much of this learning to my family's eating as well.

Thank you Sally!"