



The Many Benefits of Nutritional Therapy

Client Testimonials for

Sally Whitman

Nutritional Therapist and Lecturer on Food and Health

List as at June 2012

QUICK REFERENCE

| | | | |
|--------------------------|-------------------------|-------------------------|-----------------------------|
| Acid Reflux | 25,39,44 | Labyrinthitis | 41 |
| Anxiety | 4,6 | ME1/Chronic Fatigue | 5 |
| Arthritis | 12 | Mental health | 6 |
| Blood pressure | 13 | Mood swings | 27 |
| Bronchitis | 9 | MS | 10 |
| Candida | 3 | Nausea | 18 |
| Catarrh/nasal congestion | 21 | Oesophagitis | 25 |
| Children's health | 35 | Pain | 29,31 |
| Cholesterol | 8 | Panic attacks | 6 |
| Constipation | 19,24,26 | Periods | 22 |
| Coughs and colds | 9 | Phobia | 6 |
| Depression | 6,22,23 | PMS | 26 |
| Diarrhoea | 32 | PMT | 22 |
| Digestive problems | 11,23,42 | Pregnancy | 17 |
| Excema | 24 | Sinusitis | 37 |
| Fatigue/low energy | 2,16,18,22,23, 38,40 | Skin | 23 |
| Fear | 6 | Sports nutrition advice | 28 |
| Gout | 8 | Sugar craving | 27 |
| Happiness | 13 | Tinnitus | 1 |
| Headaches/Migraine | 33 | Thyroid | 7 |
| Hypoglycaemia | 15 | Ulcerative colitis | 34 |
| IBS | 4,21,30 | Weight problems | 1,2,8,12,13,14, 22,31,33 |
| Infertility | 43 | | |
| Inflammation | 36 | | |
| Insomnia | 20 | | |

1 TINNITUS AND WEIGHT

Ian Bayetto

Having suffered from intrusive tinnitus for more than 7 months & having tried all 'traditional/usual' methods of treatment and tests including doctor, tablets, audiology & an MRI scan - I still did not have an answer.

After months of insomnia caused by tinnitus, my energy levels & general outlook were at an all time low. Added to that, I just didn't feel like myself and was starting to pile on weight. A friend of mine then suggested that I visit a nutritionist, so I made an appointment to see Sally Whitman.

I found her to be a great listener, as I rattled off my list of symptoms & discussed my diet at the time. Following on from this, my life & diet was to change radically.

Out went the coffee, tea, beer, wheat, dairy products, added sugar & red meats - in came organic food, regular snacking & lots of new and interesting food groups and flavours.

This, married to some food supplements, has given me huge health benefits;

- I've lost 2 and half stone (without trying) in 6 months
- The tinnitus is now between quiet & non-existent, certainly no longer intrusive
- Energy levels are up & I regularly exercise
- Fitness - I feel fitter than I did in my early 20's

I would recommend Sally without hesitation

2 OVERWEIGHT AND ENERGY

Joanna Perks, Cheltenham

I have seen you on 3 occasions now and have reaped the benefits in so many ways. I originally came to see you regarding my weight. I have tried every diet on earth - Weight Watchers, Slimmers World, Rosemary Connelly, Hay, Atkins, Cabbage and a few more weird ones. The end result was I never stuck to them and I felt I was on a diet.

The difference that coming to see you has made is that I have more energy, especially as I have 3 young boys! I feel that all the family has benefited as the cooking is what my son calls "from scratch" we buy our meat from the local butcher and our veg is more varied - I feel more content with life in general and the bonus is I have lost 16lbs in 8 weeks! I now swim at least twice a week, play squash and badminton, walk most places, do exercise classes - my husband and children are thrilled for me.

Thanks for giving me my life back!

3 CANDIDA

Melanie K., Cheltenham

Just to say a big thank you for your help and expertise. I haven't disappeared off the face of the earth. However the candida has! I am feeling brilliant, I've introduced fruits and other healthy foods into my life and things are going well. I've lost weight and generally all is well. Thanks once again.

4 IBS AND ANXIETY

C. Anderson

When the doctor told me that the only way I could control my suspected IBS was with strong tablets taken 4-6 times daily, I was distraught. I was told there was no cure for my embarrassing condition that was making me so anxious that I didn't want to leave the house. My symptoms (including diarrhoea, constipation, stomach cramp, anxiety) were making my life a misery.

A friend recommended that I see a nutritionist. I was shocked when Sally Whitman told me that she might possibly be able to reduce my symptoms considerably, since I had been told there was no cure. She talked me through a new eating plan which I stuck to rigidly for two weeks

I was seeing results within days - the bloated feeling I had after every meal was no longer there. IBS seems like a thing of the past: when I have the very occasional flare-up, I now know which foods will have triggered it.

I have been back to see Sally several times and each time I go back I ask her to fix something different, and I am always confident that she can. She has also helped me with anaemia, period problems and spots.

I will never forget how depressed I was when I wasn't in control of my body, and now I know it doesn't have to be like that.

5 ME OR CHRONIC FATIGUE SYNDROME

Chris Markes, Bristol

When I first became ill, I had a number of complaints: Chronic Fatigue or M.E., sinus, asthma, Chron's disease, depression and epilepsy, and I took a lot of medication for them all.

The organisation Action for M.E. gave me pacing therapy and also recommended that I consult the nutritionist Sally Whitman.

Sally Whitman has had the most marked effect upon my illness and life in helping me regain my energy through diet. She is also very friendly and easy to get on with as a person, and her knowledge/understanding gives confidence in her ability.

- My energy was at 3 out of 10 when I met Sally and is now at 7-8 out of 10
- I no longer have sinus problems
- My asthma has almost gone, when I used to use 4 different types of puffer: I have now gone 6 months without any
- My Chron's consultant has taken me off his books after 20 years

I now take no tablets except vitamins/supplements recommended by Sally.

I happily make Sally Whitman accountable for the majority of the above improvements and having a profound effect on my quality of life.

6 MENTAL HEALTH (DEPRESSION, FEAR, ANXIETY, PHOBIA, PANIC ATTACKS)

Marcus Cross, Cheltenham

I used to have fluctuating energy levels, obsessions, absurd fears, anxiety, social phobia, rapidly changing mood swings (both very high and very low), and sometimes even suicidal depression. I saw Sally, and she discovered I had a high a histamine level, multiple food intolerances and an unstable blood sugar level. She has enabled me to get to the root of these health problems, and now I feel happy, positive, energetic and calm, and am able to simply enjoy a normal life.

I am also far more relaxed and comfortable now in the company of other people, to the point where I find myself really enjoying simply being around people. This is very different to how I often used to be, when I would often try to avoid people.

7 HYPOTHYROID (SUB-CLINICAL)

Julia McCracken, Exeter

I would just like to express a personal thank you for your continued support and advice. I am much relieved that through your expertise and the use of tests we have uncovered the reason I have been feeling so dreadful so much of the time.

8 GOUT AND WEIGHT

Ken Morris, M.B.E., Little Witcombe

Marion and I are delighted with your recommendations over the ten month period I have consulted you. Having changed my eating habits and introduced a much healthier regime, I have been relieved of gout, from which I have suffered for over thirty years. I have also reduced my weight by two stones due to your diagnosis and the taking of supplements combined with a reduction in certain foods and additives.

Marion has also reduced her cholesterol considerably by again following your suggestions. We would recommend you to anyone who is seeking professional advice in the field of nutrition.

9 LOW IMMUNITY (COUGHS, COLDS, BRONCHITIS)

Katie Frearson

For the last three years, I had been prone to frequent coughs and colds, as well as bronchitis. I also lacked energy and enthusiasm. My hands were always dry and my nose was continually runny.

For the first couple of weeks after consulting Sally, I didn't really feel any different, although my nose did stop running! However, by the end of the month, my body had been transformed. I was full of energy and had got my enthusiasm for life back - so much so, I started running, rowing, cycling and swimming! I hadn't had a sniff of a cold or cough - a first for many a winter!

Six months later, I'm still feeling full of life. I still take my recommended vitamins, exercise and try to eat as healthily as possible. I haven't felt this good in a long time and it's thanks to the wonders of nutrition and Sally's support, help and advice. I would gladly recommend her to anyone feeling underpar.

10 MS

Ann Wiseman, Apperley

Having been diagnosed with M.S. less than a year ago I quickly found out that there appeared to be little the NHS could offer me, except put me on a course of steroids if my condition worsened. I had read that the condition can be greatly improved by adopting a particular diet and lifestyle, but I knew that I couldn't achieve this on my own so I turned to Sally for nutritional advice.

I have been absolutely delighted with all the help and guidance that Sally has given me. At first it seemed such a lot to take in, but now I feel that my strict eating regime is pretty easy to manage, thanks largely to Sally's invaluable hints and tips. I am following a diet which is wheat and dairy free and very low in saturated fat, but specially tailored for the requirements of my own body. I enjoy cooking and experimenting with food, and Sally has given me all sorts of ideas and suggestions to make my diet very enjoyable and achievable.

My M.S. symptoms have gradually improved over the time I have been seeing Sally. I am full of energy and feel brilliant. My mobility is excellent. I know I could not have achieved all this without Sally's expert advice, and I intend to have regular consultations to ensure that I keep following the best possible diet for my condition.

11 DIGESTION PROBLEMS

Sue Lee, Woodchester

When I consulted Sally Whitman, I was in a very frightened state of mind, awaiting a consultant's appointment for gastro-intestinal problems. I was extremely ill, and the only treatment I had received through the NHS had made situations worse as I was intolerant of one of the anti-biotics I had been prescribed. I was unable to work and going round in circles trying to manage my diet as everything I tried seemed to make matters worse.

Sally's wealth of knowledge and experience inspired confidence in me that it was possible to recover my health and I began a programme of diet and supplements which have restored my health over a 3 month period. Perhaps even better than that for my long term health and well being, she has educated me in how to be more aware and make better choices for my own health. I now feel better than I have for many years. Sally brings an approach that is both scientifically based and yet also person centred and holistic. This was exactly what I needed in those desperate times - I cannot recommend Sally Whitman strongly enough.

12 WEIGHT LOSS AND ARTHRITIS

Lizzie S, Forest of Dean

I would like to take the opportunity to thank you for all your hard work on my behalf during the last few months. The more closely I follow your recommendations the better I look and feel. So many low-grade symptoms which nevertheless have affected my wellbeing for many years vanished overnight - to say nothing of being now virtually free of the arthritis symptoms which were my original reason for consulting you. And let's not forget the huge weight loss and resculpting of my body - I still can't believe that for the first time in my life I am never desperately hungry but just have a normal healthy appetite! It's very liberating.

You have given me the confidence, in this world of myth, rumour and misinformation, to move on knowing that the dietary changes I am making are personalised for my own needs and that I fully understand the reasons why you have suggested the actions I should take. It has been a fascinating experience for me; your professional expertise combines science with some considerable artistry plus a fair bit of detective work !! I also very much appreciated your ability to explain everything to me and your patience with all my queries.

13 WEIGHT LOSS, HAPPINESS, BLOOD PRESSURE

Helen W., Ledbury

The changes I have made to my diet and lifestyle since my consultation with you have brought about very definite changes in the way I look, feel, behave, general well-being, happiness, state of mind - I could go on, but you get the picture!

One of the most helpful things was that once I got into the swing of it, it was no trouble at all to implement and carry on with because it is now my 'routine' as opposed to what once was, I can't imagine not living like this. I've lost over a stone in weight and continue steadily to do so, my blood pressure is now 124/78 which is 'wonderful' according to my doctor. I am sleeping well, and I'm busier now than in many a year, which is why this has taken so long to write, and also, I guess, I needed to make sure that the effects were not short-lived.

So I wanted to say a big thank you for your very sound and sensible good advice, for helping to bring about such a positive effect and helping me to get more out of life as a result.

14 WEIGHT LOSS

Margaret Churchill, Gloucester

Ever since the summer of 2003, I have been trying to lose weight by following a number of different diet plans without success. In January 2004, I finally decided that enough was enough and visited Sally to seek her advice and guidance. During the following 11 weeks, I was successful in losing 16 pounds and am pleased to say that I am maintaining my target weight without difficulty.

Sally helped me by identifying the foods which she felt were preventing me from losing weight. By initially eliminating these from my diet, her identification proved to be correct and I began to lose my excess weight. Since reaching my target weight, I have re-introduced a number of these foods in moderation and have suffered no ill-effects.

Throughout my time with Sally I found her to be extremely professional in the way she conducted our consultations and full of encouragement. I know that if I suffer a relapse I can contact Sally at any time to seek her assistance. I have no hesitation in recommending Sally as a source of dietary and nutritional advice.

15 HYPOGLYCAEMIA

Allan Paine, Hull

Your advice on tackling the problems of hypoglycaemia has met with near instant success. My extreme bouts of anxiety and shaking have all but disappeared, and I seem to be sleeping much better. MANY THANKS FOR THAT.

16 ENERGY

Susan D., Cotswolds

May I just say thanks for making me feel so well, and your support and advice throughout! My husband told me that was the best money I ever spent, as he says he has noticed such a difference in my energy levels, my well-being and my appearance! Keep up the good work.

17 PREGNANCY

Julia McCracken, Exeter

I first started seeing Sally Whitman in 2002. At the time I was in the early stages of my second pregnancy and had been suffering general symptoms of feeling tired and unwell for several years. Despite numerous consultations with my GP I had got nowhere and in fact seeing a nutritionist was my last resort.

I can confidently state that Sally has transformed my life and continues to do so. She is highly skilled in the subject of nutrition and looks at all the symptoms presented to make a diagnosis. Sally understands the balance between the pressures of daily life and the need to make changes to my diet, and introduces suggestions slowly and with compassion rather than saying you must eat...or must not eat...which is a recipe in itself for failure.

I have found Sally to be an extremely knowledgeable and very caring consultant who has a real interest in her field and her patients' health and vitality. She guided me through my pregnancy and I attribute my little girl's easy-going nature very much to the fact that I was well nourished whilst pregnant.

I have continued to have consultations with Sally over the past 3 years and would highly recommend her to anyone who is keen to look at alternative therapies.

Comments shortly after birth of daughter: *"My new daughter is beautiful and a very contented little baby who is already sleeping for 4 to 6 hours at a stretch! I am feeling surprisingly well and very relaxed. The feeding is going really well this time round, and I am sure that is down to a good healthy milk supply due to a much healthier diet and the supplements."*

18 FATIGUE AND NAUSEA

Lisa Fox, Cheltenham

I consulted Sally for nutritional advice to help counteract fatigue and nausea. I very often felt fatigued and had trouble staying awake after lunch. After putting my two children to bed at night I felt exhausted and had no energy to enjoy the rest of the evening. I also felt nauseous a lot of the time and as a result did not eat proper meals.

Sally explained what I had suspected, that I had a blood sugar imbalance due to my poor diet. She gave me easy to follow advice ensuring that I always eat breakfast (something I rarely did) and snacking on healthy foods, as well as significantly increasing my water intake.

The result of implementing this advice as well as starting to take vitamin supplements has been fantastic. I no longer feel fatigued or sleepy after lunch. I have more energy in the evenings to enjoy cooking good food. Most importantly, it has really helped me to change the way I think about food and my family's diet. We all feel healthier, find new foods to enjoy and still indulge in the occasional treat.

19 CONSTIPATION

Annie, Leckhampton

Just a note to say how grateful I am for your professional advice. I can't believe the difference it's made.

20 INSOMNIA

Parents of Louise, Charlton Kings

We thought you might like to know that Louise is doing really well now, and seems to have regained previous sleep patterns and energy levels. She is maintaining the healthier eating and managing largely without supplements. Thank you so much for your invaluable help.

21 IBS, CATARRH/NASAL CONGESTION

Jackie Hartshorn, Gloucester

After having been prescribed 3 separate prescriptions for what I thought was chronic (and extremely painful) catarrh, I then went on to suffer from IBS. Along with this I developed high blood pressure, not to mention anxiety and chronic fatigue. Unsurprisingly I was diagnosed by my GP as suffering from depression.

Several years later and in desperation I consulted a nutritionist who has over time helped me to regain my life. I no longer take anti-depressants, I have much more energy, no more catarrh, and have regained my confidence for the future.

This has not been a quick fix as initially I felt worse because of detoxing, but now find the benefits remarkable.

Why on earth cannot more NHS money be spent on employing professional nutritionists who would advise patients on proper diet (more in depth than healthy eating) and if need be prescribe supplements. It would save the NHS millions of pounds on drugs, hospital stays and valuable GPs' time.

22 MULTIPLE PROBLEMS INCLUDING WEIGHT, DEPRESSION, LACK OF ENERGY, PMT, HEAVY PERIODS

Katharine Coleman, Programme Director

I work in a very stressful environment where 12 hours days are the norm. I went to see Sally because for the first time in 20 years I was struggling to cope with the pressure, constantly tired, unable to focus and think clearly and suffering from violent mood swings. Sally made a number of suggestions about changing my diet all of which were relatively easy to fit into my working day and allowed me to eat a wide variety of healthy food without ever feeling hungry.

4 months later I feel wonderful. My depression has completely lifted, my periods are the lightest and least painful they have been in 20 years, I have loads of energy, my stress levels have reduced, I have lost 4 stone and the weight is still falling. I can't recommend Sally highly enough – it literally feels like she has given me my life back.

Sally provided me with the tools I needed to cope with a high pressure job and lifestyle, and I would recommend her to everyone looking to improve their ability to cope with their working day.

23 DEPRESSION, ENERGY, DIGESTION, SKIN

Anne Robinson Isle of Wight

When I first met Sally, I was generally quite depressed, always exhausted and seemed to pick up every bug going. My digestion was not what it should have been and life seemed quite hard – not great really for a 27 year old.

I am now in my fourteenth week of treatment and have never felt better. I have loads of energy, amazing skin, good digestion and seem happy most of the time. Sally has turned my life around and I wouldn't hesitate in recommending her to others.

24 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.

25 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.

26 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.

27 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.

28 SPORTS NUTRITION ADVICE

Iain McKinnes

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.

29 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.

30 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!

31 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."

32 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 advise 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."

33 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 complimenting 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

34 ULCERATIVE COLITIS

John O'Shea (father Jerry)

My son who is 15 has had Ulcerative Colitis for two years and has been admitted to hospital 6 times with severe blood and fluid loss after a series of serious flare ups during this period and needed blood transfusions on two occasions. The treatment recommended by the consultant involved strong anti rejection drugs and high doses of steroids which have both short and long term side effects. He was unable to function normally without the steroids. After two visits to Sally, some detailed analysis by the laboratory and a carefully prescribed set of easy-to-take supplements designed to work with the medicine he has been off the steroids for 8 months. He is not taking much other medicine compared to before and has had no symptoms during this time. The treatment has also helped him enormously and restored his energy levels and healthy complexion.

I would recommend that anyone with this problem speak to Sally as she is very understanding and knowledgeable about this particular illness and almost certainly will be able to help.

35 CHILDREN'S HEALTH

Jessica Blackmore (mother Thekla)

I can't begin to tell you what a difference our visit to you has made to Jessica's attitude towards food. She has made giant strides into the vegetable domain and has cut her sugar intake at least in half.

She has become far more conscious day to day of what she consumes and I couldn't be happier. She continues to try new vegetables and salads and is doing a great job.

36 INFLAMMATION

Alex Heynes

Since following your advice and reducing intake of caffeine, especially in coffee which I cut out completely, greatly reducing sugar intake combined with a course of Quercetin and Turmeric, my serious inflammation in my foot and shoulders improved over the course of a few weeks. A couple of months on from that now, and the inflammation is near completely gone. I also suffered from mild psoriasis which is also much more controlled and less liable to flare ups.

If you suffer from inflammation of the connective tissues, I suggest you book in a session with Sally.

37 SINUSITIS

Miggi Lorraine

You were recommended to me and when I made my first appointment with you, you asked me to bring all details of my medical history, including illnesses, medications, alternative therapies, etc. Consequently when we met you were aware of my medical history. (I was not asked for this information by the consultant!)

Within six weeks of following your advice to radically change my diet, to take food supplements and to alter my exercise regime, the 'acute' sinusitis had almost completely disappeared and I was able to breath properly. (Sinusitis is an exhausting and unattractive condition with which I had battled for over two years.) My energy levels were increased and I was feeling well again.

I 'm enjoying my new diet, feeling fitter all the time and, due to your detailed explanations throughout the consultations, I feel in control of my own health again.

Thank you for making me feel well.

38 FATIGUE/LOW ENERGY

Kris Silvester

Coming home from work today I had sufficient energy to tackle the grass on our front lawn, something that would have been unthinkable two years ago. Then I struggled to get out of bed and was constantly so exhausted I had to give up work. Sally helped me back to health with her professional advice, I would definately recommend her approach.

39 ACID REFLUX

Robert Bullock

I went to Sally on a prescription of strong anti-acids with inflammation of the stomach, tiredness and unsatisfactory sleep. 2 years on and I have enjoyed over a year of full energy, regular restful sleep and I no longer take any anti-acids at all. Sally will listen to what you have to say, make sense of it, and give advice that is right for you. You only have to follow it and be again what you remember feeling like.

40 FATIGUE/LOW ENERGY

Sharon Parkin

Following surgery for bowel cancer and associated chemotherapy, I found it very difficult to get back to my previous energy levels and the list of food to which I reacted was ever increasing. I have a demanding job and busy personal life, and really didn't want to be falling asleep on the sofa or going to bed at 9pm. I also wanted to be able to enjoy food without worrying about the potential after affects.

A friend suggested seeing a nutritionist and I found Sally following an internet search- and how pleased am I that I did! Sally immediately suggested dietary changes, recommended tests and introduced me to a range of supplements. The process has been gradual, but I can genuinely say that I'm now feeling much better.

Sally has a practical, pragmatic approach and I particularly appreciated the fact that she was realistic about the changes I could/would commit to long-term; I'm never going to choose an apple over chocolate! This meant I was able to make gradual changes to my diet without feeling deprived. I still have some way to go but there is no comparison with how I felt a few months ago.

I can genuinely say that Sally's expertise has made a huge difference and that it is the best money I have ever spent.

41 LABYRINTHITIS

Sandra West Sadler

Sally, I am absolutely delighted with the difference in the way I feel as a result of your advice on how to bring my blood sugars back into balance, and on how to tackle my Labyrinthitis symptoms. I used to have bad headaches and nausea pretty much all of the time, but now it is no exaggeration to say that I feel like a totally different person. It is wonderful to get up in the morning feeling 'normal' again. Thank you for all your help and advice, I really appreciate it.

42 DIGESTION

Nicola Grosvenor

I had digestive problems following chemotherapy 18 years ago, which I put up with while I was busy with my family. With Sally's advice I am now symptom free, which is more than I thought I could hope for after ignoring the problem for so many years.

I would recommend Sally to anybody with a nutritional problem. She is knowledgeable, positive and practical.

43 INFERTILITY

Miranda Heynes

Dear Sally,

I apologise I have run out of time to see you before I give birth but I just wanted to thank you for your expert advice. When I first came to you over a year ago I was totally fatigued, stressed and had miscarried 4 times and due to this had numerous bacteria infections so I was at the end of my tether! I followed your advice and together with acupuncture it has changed my life. After six months of taking numerous supplements (which I continue to take) I was feeling a new woman and managed to get pregnant and nine months on I am about to pop!

My husband and friends cannot believe the difference in me and I have had a really lovely pregnancy and I know it is down to you so a massive thank you.

44 ACID REFLUX

Dave Walker

I booked an appointment to see Sally after seeing her nutritional presentation at work. At the time I had been on medication for acid reflux for about 3 years and I had asked for help to control my problems of periodic bad bouts of indigestion and acid reflux from my GP and received very little help apart from stronger pills.

On my first visit to see Sally I took with me a detailed food diary and we discussed my eating habits. I took away a new diet plan which was simple to follow and easy to understand. For a month I followed the plan and although I was still on the medication I had no other symptoms after the first 2 weeks. I then went to see my doctor about giving up the medication and agreed that I should try stopping the pills and continue the change in eating habits.

There were a few problems during the first 2 weeks after stopping the pills but after that my digestion has shown no problems and I have been continuing to follow the changes in my eating habits for the last 6 months. I can even go out and eat whatever I like occasionally with no nasty consequences.

So overall I have been very satisfied with the advice I received from Sally.

Feedback from clients referred to Sally Whitman from the Patrick Holford website

Client 1

She provided me with a comprehensive understanding of my condition and I felt in good hands. She has a practical, down to earth approach whilst urging me to be diligent. I also liked the telephone contact system.

Client 2

Sally has given me back optimum health. She is very professional and gives an absolutely first class service. I am highly delighted and have recommended Sally to several people.

**For further details, please call Sally Whitman on 01453 755331
or email info@blackberrynutrition.co.uk**