



## The Many Benefits of Nutritional Therapy

### Client Testimonials for Sally Whitman, Nutrition Consultant and Lecturer

January 2009

#### QUICK REFERENCE

##### Testimonial Number

Acid Reflux	25	M.E./Chronic Fatigue	5
Anxiety	4,6	Mental health	6
Arthritis	12	Migrane	33
Blood pressure	13	Mood Swings	27
Bronchitis	9	M.S.	10
Candida	3	Nausea	18
Catarrh/nasal congestion	21	OCD	27
Cholesterol	8	Oesophagitis	25
Constipation	19,24,26	Pain	29, 31
Coughs and colds	9	Panic attacks	6
Depression	6, 22, 23	Periods	22
Diarrhoea	32	Phobia	6
Digestive problems	11, 23	PMT/PMS	22,26
Eczema	24	Pregnancy	17
Fatigue/low energy	2,16,18, 22, 23	Schizophrenia	27
Fear	6	Skin	23
Gout	8	Sports Nutrition	28
Happiness	13	Sugar Craving	27
Headache	33	Tinnitus	1
Hypoglycaemia	15	Thyroid	7
IBS	4,21,30	Weight problems	1,2,8,12,13,14, 22,31,33
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 M.E. 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 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 M.S.

### **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.

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

## 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 SCHIZOPHRENIA AND OCD (OBSESSIVE COMPULSIVE DISORDER)

### 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 your gave me.

Sorry I cant express it in a snappy sentence - there is too much to say.

### THANKS ALSO FOR THE ADVICE ON

#### 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 (diarrhoea, 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 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."

## 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 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!"

## **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.

**[CLICK HERE TO BOOK A CONSULTATION](#)**

**For further details, please call Sally Whitman on 01452 502965 or email  
[info@blackberrynutrition.co.uk](mailto:info@blackberrynutrition.co.uk)**

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