

# “Believe in yourself and in your ability to help others: there is always new research, but what you already know is most of what you need to create a thriving clinic”



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## How long did it take for you to qualify?

Three years. I gained my diploma in Biomedicine and Naturopathic Nutritional Therapy at the College of Naturopathic Medicine (CNM) in London, the UK's largest training provider of a range of natural therapies. Widely respected and recognised in the



UK, Europe, and internationally it gives unmatched focus on clinical application and practice.

## Where do you practise?

I am based in South London at Snowsfields Wellness Clinic behind the Shard in the London Bridge area. Snowsfields

Wellness Clinic is a beautiful, eco, wellness space to embrace long-term health and wellbeing, a space to relax, discover and be listened to. It is a space for clients to embrace long-term physical and mental health and wellbeing. Other therapies include eating disorder programmes, massage, craniosacral therapy, osteopathy, nutritional therapy, western herbal medicine, naturopathy and chartered counselling psychology.

I also offer consultation or calls on Skype. A home or office visit can be arranged on request in the South London area. I work with clients in English and in Italian.

## What's your main therapy/modality and why?

I use nutritional therapy with a functional medicine approach, which is a personalised, systems-orientated model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.

I see health as a circle, a bit like an apple (incidentally included in my logo). Naturopathic Nutrition promotes health and restores wellbeing through appropriate nourishment. There is interconnectedness of body, mind, emotions, social factors and the environment, all determining human health. All is connected, and taking care wisely of each section is meeting the balance in our life and keeping it healthy. This holistic approach looks into the root causes of an imbalance.

I consider each individual to be unique, therefore to investigate I use a wide range of tools to assess

and identify potential nutritional imbalances and understand how these may contribute to an individual's health concerns. Some key components might be genetic factors, triggers like the factors that tipped the person into dysfunctional state and what can keep the process going so that health is still out of reach. Some testing I like depends on personal circumstances, as unfortunately testing privately can be expensive. In some cases we need specific investigations to best get the layers out and find the right culprits. The investigations I like are intolerance tests, hormonal blood tests with antibodies check. I often like to start with assessments of gastrointestinal function.

## Why did you decide to become a practitioner?

I was inspired by my mum's health struggles – she suffered with diabetes, cardiovascular disease and cancer. I wanted to fulfil my mission in life, I aimed to “do something to help other people” gaining health. I also fulfilled my mission according to my passion for a natural life, as since childhood I've lived in direct contact with in my grandmother's farm, where all foods were rigorously homemade.

I was diagnosed with Hashimoto's myself. I had my child nine years ago, and after pregnancy my body took too long to recover and I never regained my original shape and energy levels. I felt that something was wrong. I was always cold, gained weight which I couldn't lose no matter what I did, had terrible fatigue, dry skin, poor

→ digestion and I also found concentrating very difficult. I was eventually clinically diagnosed with Hashimoto's thyroiditis, an autoimmune condition where my immune system attacks my thyroid.



### your practice?

Izabella Wentz, also known as The Thyroid Pharmacist, has inspired me: <https://thyroidpharmacist.com>. I read her book on Hashimoto's thyroiditis and started

I grew up knowing that nature has all we need and nature is where we should turn to for help, so I started to look into the power of nutrition as a healing tool. I decided to study naturopathic nutrition to deepen my knowledge and take control of my health. From then on, I started to experiment on myself, harnessing the healing power of naturopathic nutritional interventions and adopting a healthy lifestyle. I changed my diet, replaced all grains with gluten-free, replaced dairy with coconut milk, made extra efforts to eat a rainbow of vegetables, and had mostly homemade meals. I also took up yoga, meditation and allowed myself some time for relaxation.

Today I am successfully managing my health with the knowledge and clinical practice I have acquired, and with my personal experience, feel that it's important to share it. Having Hashimoto's has led me to specialise in thyroid and autoimmune conditions, with a special focus on problems with the gut, digestion, skin and weight management. This journey of discovery has led me to feel that this is where I can fulfil my mission to help others to recover vitality, health and joy.

I have called my company "Evviva Nutrition"; "Evviva" means "hurrah!" in Italian; it is an exclamation of joy, exultation and appreciation. Every day I celebrate the immense power of nutrition and I am delighted to share it and empower people to take control of their health.

### How long have you been in practice?

This is my second year of practice.

### Who or what has been the main influence/inspiration on

to follow her. She is giving many solutions on how to dismantle and break the vicious cycle of this autoimmune condition through nutrition and lifestyle interventions that I totally embrace. Her research has influenced my approach on autoimmunity protocol.

### What conditions or types of client do you see most of?

The clients I see most are women who feel tired and suffer with gut issues or hormonal imbalances, autoimmune diseases and skin disorders.

My areas of particular interest and expertise are endocrinology, digestive disorders and food sensitivity and skin disorders.

### What do you find the easiest to work with?

The most motivated clients are generally the people who really can listen to their bodies and feel the difference when following their individual nutrition plan. My passion is for autoimmune conditions, I find it easier to understand their symptoms or challenges and how to shift towards recovery with the right mind set and support towards gaining recovery.

### What is your favourite type of client?

My favourites are people who are enthusiastic about embracing a new path that could be challenging and long, but rewarding. I love that they embrace making changes to their food and lifestyle in order to achieve their health goals and be the best they can be. Many clients just want to find a way to exit the tunnel they have been for many years. They are thirsty for clarity, maybe because they have been told that it's all in their head –



that they are fine and don't need to worry, so then they become enthusiastic to discover the real underlying causes.

### What is the most challenging type of symptoms/illness/problem that you get presented with?

Hypothyroidism is the most challenging, because while frequent monitoring of blood tests is needed, these tests don't always show what's really going on. Sometimes blood tests show no imbalance, but symptoms are still there. So you have to dig down and start working on optimal gut function, or check if there is a parasite, or an allergy/intolerance that can be causing a reaction. Most of the time just eliminating some foods and replenish with others gives the greatest relief.

### What one thing is absolutely essential to you in your practice?

Mutual trust is vital. I am committed to fully supporting my clients, but they must really embrace their programme to get the most from it – and they can only do that if they really trust the practitioner.

I really love to share my passion for real and simple food, and when clients understand the power of food in their lives

and bodies, it really is a lightbulb moment.

### Do you enhance your business with any projects outside of your clinic?

I regularly attend nutrition seminars, webinars, workshops, courses and trainings to update with evolvments in new scientific research in nutrition and health.

Some conferences I attended in 2017 were:

Supporting Female Health and Hormones, Nutrients and Gene Expression, Gut Endurance, Broad Spectrum Microbial Defence & Rainforest Botanicals, Autoimmunity,

Nourishing Our Blood Brain Barrier, Vitamin K2 and its Role in Reducing Multiple Chronic Diseases.

I follow webinars online – some are from Izabella Wentz, Amy Myers and Tom O'Bryan – functional medicine practitioners around autoimmunity and thyroid.

I love to share my knowledge and health experience through community nutrition talks in London; these have included Improving energy through diet and lifestyle interventions; and Living well with hypothyroidism: what to include in your wellness plan.

I also write a blog, am also

→ Assistant Supervisor at the clinic at CNM College and I work as Natural Remedies Advisor during weekends at the “As Nature Intended” health shop.

## Which CAM book has helped or inspired you most, so far in your career?

Dr Tom O'Bryan's book *The Autoimmune Fix*.

“Dr Tom O'Bryan is an internationally recognised speaker and workshop leader specialising in the complications of Non-Celiac Gluten Sensitivity and Coeliac Disease as they occur inside and outside of the intestines. According to him: ‘The root cause of most weight gain, fatigue, brain and mood problems is autoimmunity. And it can take years – or even decades – for symptoms and a clear diagnosis to arise’. Through years of research, Dr Tom O'Bryan has discovered that autoimmunity is actually a spectrum, and many people experiencing general malaise are already on it. And while autoimmune diseases, such as Alzheimer's, Multiple Sclerosis, osteoporosis, diabetes, and lupus, have become the third leading cause of death behind heart disease and cancer, many people affected are left in the dark. The good news is that many autoimmune conditions can be reversed”.

## Why do you do what you do?

I do profoundly believe in the power of nutrition. Nutrition is the stepping stone leading to balance and allowing the natural self-healing process inside the body to take place. People are often unsure which direction to take when it comes to eating for wellbeing, and this is made worse by conflicting stories in the media. I am passionate about educating people.

## If money, time and effort were no object, what one thing would you change about your practice or integrative healthcare in general?

As a child I always wanted to help people in need. It's still my dream to help people less fortunate than me. Nutritional therapy is currently only available to those who can afford it. I would love to see our service made more affordable, and to see services like functional testing, genetic testing, supplements and organic foods available to a wider audience.

## What piece of advice would you give to newly-qualified CAM practitioners who are just setting up a business?

Believe in yourself and in your ability to help others, as most of the time we, nutritional therapists, doubt our capabilities. There is always new research, but what you already know is most of what you need to create a thriving clinic. Every person in front of us will be unique and will be a great new experience from where we can learn more.

Never be alone on this journey, and never feel scared of asking for help. Many of us have started with the same challenges; meeting with other practitioners helps us to be inspired.

My overall professional improvement has been dictated by continuous observation to evaluate my personal lacks that I could go and revise. I have been helped also by continuous studying sessions with my colleagues' students. Exchanging knowledge with them has been a great support through the journey. So the advice is to meet with other practitioners and join any opportunities are offered.

Don't wait for everything to fall in place before you can start seeing clients.

## What is the biggest challenge you face as a practitioner?

Certainly keeping up to date with new scientific research demands a high seeking spirit. Finding the time to attend seminars and workshops is sometimes challenging.

My ideal of collaborations would be to work in a team of fellow holistic practitioners where we share our expertise.

The first year in practice is all about gaining practical experience, and joining all the dots on creating the systems we need for a smooth day to day schedule in order to keep up with clinical demands.

## What would you like to see covered in *IHCAN* that we're not getting to?

A series of articles talking in depth about autoimmune diseases; they are listed as the third leading cause of morbidity and mortality in the world. The number of people diagnosed with an autoimmune disease is increasing exponentially in the world today. Estimates of people suffering with an autoimmune mechanism are from three to seven out of every ten new patients coming to see practitioners. It is really overwhelming.

## Case study

# Arthritis, fibromyalgia and insomnia

A lady came to see me seeking help with arthritis, fibromyalgia and insomnia.

She wanted to improve the pain management of these conditions and improve her sleep.

Female, 52 years, 1 son, BMI 26 (overweight): 11.5 stones (73 Kg), height 1.67cm.

- Her first symptom was fibromyalgia since one year.

Diagnosed by rheumatologist, she went to the specialist for the pain, treated with NSAIDs. The trigger was when mother passed away two year ago and the pain started in the legs/feet/ankles/hips/shoulders/arms.

Been given Gabapentin for one month, and then mindfulness training helped. St. John's wort, meditation, yoga helped.

- She also had arthritis in the hips diagnosed by a rheumatologist, which impaired her daily activities.
- The other significant symptom was the insomnia, feeling exhausted in the evening she couldn't manage to sleep till late night, waking up fuzzy and with poor focus.
- During the five months before our consultation she followed a diet plan high in proteins with some veg and fruits and no CHO's to help her with weight management.

- She is pescatarian.

• PMH: IBS, acid reflux, when 12 years old arthritis in spine, fracture of skull, carpal tunnel. Recently she had pneumonia twice, had three courses of antibiotics and steroids. Menopause period and flushes managed with black cohosh.

- FMH: cancer, emphysema and dementia.
- Nutrition physical exam of the tongue presented trembling.

Medications today:

Amitriptyline (randomly) last eight months, meant to help with insomnia.

Detrusitol for bladder incontinence; side-effect: dry mouth.

• RED FLAGS: dry mouth; possible side-effect of bladder medicament. Blood test on HbA1c is normal. I advised to discuss with GP about this side-effect of Detrusitol med.

Herbal and natural supplements

Black cohosh for hot sweats, for one month.

B complex Vitamins.

## Naturopathic summary

Antecedents: cancer, dementia, arthritis in spine, IBS, reflux, menopause.

Triggers: trauma: mother loss, stress, change diet, sleep deprived, pain, fatigue, diet low in micronutrients and antioxidants, toxins.

Mediators: pain, diet low in antioxidants, smoking, lifestyle, insomnia, caffeine, low moods, poor phase 2 detox, poor gut health, three courses antibiotics lately, caffeine: six cups/day, hot flashes, menopause.

Systems under stress:

GIT: low fibre, low motility, poor phase 2 detox, past IBS, gluten sensitivity, reflux 18 months ago, dysbiosis: eczema in the past and three courses of antibiotics intake lately.

NS: trauma, insomnia, dreams very rare, circadian rhythm disrupted, depression, migraines, low mood, frustration, anxiety, stress, caffeine, toxins exposure.

Endocrine: possible adrenal exhaustion and cortisol production disrupted, circadian rhythm disrupted from insomnia and pain, mitochondrial dysfunction, menopause. In fibromyalgia, patients frequently have fatigue, anxiety, headache, weakness and IBS. Mitochondrial dysfunction is thought to be a primary cause of FM. Mitochondria are found highly concentrated in muscle cells and are responsible for

cellular energy production. Decreased cellular energy production can result in increased muscle stiffness, pain, and fatigue in FM patients.

Immune: stress, low antioxidants and micronutrients, pneumonia twice, smoking.

Reproductive: menopause: flashes. UTIs in the past: 6-8 courses of antibiotics.

Urinary tract: UTIs recurrent: always w/antibiotics.

Skin: eczema in the past and itchiness.

Respiratory tract: Smoking. Asthma, hay fever, pneumonia and SOB on exertion.

Musculo-skeletal: Fibromyalgia, pain, arthritis, inflammation.

## Dietary analysis

STRENGTHS	WEAKNESSES
No meat Likes: vegs, fruits, fish Likes to cook Cooks fish broth Smoothies	6 cups coffee/day Eats Quorn Processed foods sometimes Dislikes beetroot Eats Chocolate Smoking electronic cigarettes

Her main nutritional needs were more antioxidants, B Vits, Vit C, Vit D, Mg, B5, CoQ10, curcumin.

My naturopathic aims have been to:

1 Address the gut dysbiosis (after so many antibiotics a direct consequence is microbial imbalance) in order to increase nutrient absorption. The gastrointestinal tract must be addressed to increase nutrient absorption, improve neurotransmitter synthesis and prevent immune alterations due to dysbiosis and increased intestinal permeability.

Also excessive toxins exposure can result in increased and prolonged pain sensation by the nervous system, contributing to the chronic pain associated with FM; important also the detoxification to avoid acid lactic stagnation in muscles.

2 Support immune system function to improve energy and reduce inflammation. A comprehensive integrative approach including nutrition, botanicals, lifestyle, manual therapy, mind-body and energetic therapeutics would be of great benefit.

3 Support endocrine system to reduce stress, insomnia and help with menopause.

Imbalanced hormone production caused by stress can contribute to the increased fatigue, sleep disturbances, and psychological distress. FM

is a multisystem disease and is a debilitating chronic condition; the management must address sleep, the persistent pain issues and the restoration of normal HPA axis.

Long term goal: improve arthritis with glucosamine/MSM and curcumin.

## Intervention

My naturopathic nutrition plan has been around these suggestions:

Organic foods and filtered drinking water (help to decrease the chemical contaminants ingested).

Increase potassium intake (K/Na criteria) with these foods: Swiss chard, sweet potatoes, spinach, avocado, lentils, beans, bok choy, and broccoli and Brussel sprout.

Reduce sodium: avoid salt on food, just season with herbs like curcumin which is anti-inflammatory, ginger, rosemary, basil, and cilantro and parsley.

From her blood test results her Na was high. It would be beneficial to regulate K/Na ratio to benefit cardiovascular system. Research suggests that a diet rich in potassium may help to prevent loss of calcium in the urine. The idea here is that potassium salts found in fruits and vegetables tend to counter the effects of diets high in acid-forming proteins and that this in turn reduces the need to pull calcium from the bones to buffer the acid.

Reduce coffees and replace with chicory coffee as alternative. Eliminate factors that disrupt normal sleep patterns and hypoglycaemia like these stimulants: coffee, chocolate, tea, alcohol to help with insomnia. Regular caffeine intake may actually lead to chronic fatigue.

During the day follow this pattern to regulate blood sugar balance: three meals with protein; add quinoa or wholemeal, good quality, gluten-free carbohydrates. Eat in ten-hour window, and not late at night.

Protein slows down the rate the stomach processes food and slows the passage of the carbohydrates with it. As soon as you add a protein (be it animal or vegetable) to a carbohydrate you change it into a slower-releasing carbohydrate. Protein helps in the control of insulin because it slows the rate of digestion. It also encourages the production of glucagon which works in the opposite way to insulin, increasing blood glucose by encouraging the body to burn fat for energy.

Fibromyalgia patients should adopt a diet that both stabilises blood sugar regulation and insulin levels and reduces pain perception. Involving

fish, fruits, vegs and a minimal intake of wholegrains. It also minimises the intake of food high in arachidonic acid; which increases production of pro-inflammatory eicosanoids, prostaglandin E2 and leukotriene B4.

I advised on a list of anti-inflammatory foods to eat, with the use of good fats like EV olive oil, coconut oil and avocado.

Increase fish rich in omega-3 like salmon, mackerel, anchovies,

## Supplement recommendations

Recommended nutrients	Amount	AM	MID	PM	Notes
Cytoplan 50+	1/day	1	1	-	Multivitamins with CoQ10 and vit D3
Wileys fish oil	2/day	1	-	1	High Omega 3
Optibac Probiotic Extra Strength	1/day	1	-	-	
Better You Joints oil	10 sprays every day				

sardines and herrings. Also prawns and shellfish for glucosamine content, very good for collagen in joints.

Improve fish broth intake for joints and gut lining. Omega-3 fatty acids support normal membrane function and help to balance the inflammatory prostaglandin cascade.

I suggested having one cup/day of brassica family vegs to improve motility and detoxification in the body.

Improve sulphur MSM with brassica vegs, garlic, onion, fish and beans.

Anti-inflammatory foods, herbs and spices include EFAs, curcumin, green tea, cruciferous vegetables. These have also anti-mutagenic effects.

Try to eat often shiitake mushrooms for immunity and CV protection.

Carnitine foods to have more energy - like: nuts and seeds. Add dairy alternative like almond and coconut.

Vitamin B5 for adrenals in: shiitake, avocado, cauliflower, sweet potatoes, walnut, broccoli, asparagus, cucumber, celery.

Healthy nuts help with insomnia and mood.

Avoid nightshade vegs: like potatoes, eggplants, peppers, pimento.

Avoid processed food, try to eat seasonal vegs and fruits.

## Lifestyle

Exercise with fast walking, with your dog is fun and yoga to help normalise metabolism and to improve sleep quality.

Have three times a week a bath with Epsom salts.

Consider acupuncture as it can be helpful for pain in FM patients.

These therapeutic and protective strategies to:

Improve inadequate sleep/wake rhythms/cycles.

Reduce stress; cortisol and stress both increase inflammation.

Breathing technique also helps to increase oxygenation of tissues and cells.

I asked her to do the adrenal stress profile with Genova Lab, a functional test to check her cortisol production, I would have loved her to do more tests but it has not been possible.

To improve a patient's ability to do aerobic exercise it is advisable to consider supplementation with Co-Q10 for patients with fatigue in daily life activities.

Co-enzyme Q10 is a vitamin-like substance important for energy production and normal carbohydrate metabolism. It helps shift fat around the middle because it releases energy by burning that fat. Co-Q10 also has a role in controlling blood sugar levels; it helps to lower glucose and insulin, so improving insulin resistance. Basic mitochondrial support groups are B complex vitamins, biotin, Ca, Mg, CoQ10, glutathione.

The critical functions of the commensal flora, helped by probiotics, are metabolic process, fermentation vitamin synthesis and energy production.

Magnesium is known as nature's tranquilliser, it calms the adrenal glands and helps balance blood sugar by contributing to the production and action of insulin.

## Outcome

The client reported significant improvement in arthritis and fibromyalgia symptoms, energy and wellbeing. She commented that she felt so well - like years before. She managed to reduce her coffee intake and followed the food intake suggestions. Her sleep quality improved a little, and she woke up more energised. She appreciated the relaxing effect of the Epsom salts baths.

She enjoyed following the plan and improved her diet. Cutting the gluten out she feels better and she is often

→ doing fish broth.

Meds: stopped Gabapentin, bladder improved, still taking black cohosh to help with menopause.

Adrenal stress profile has not been done, we will follow it up.

### Follow up therapeutic aims

Address gut repair to increase nutrient absorption and improve neurotransmitter synthesis. Systemic disorders that should raise red flags concerning digestion and absorption include fatigue, myalgia, neurologic disorders and immune deficiency.

Improve immune system function to help with stress and increase mitochondrial function and reduce inflammation. Addressing underlying mitochondrial and cellular changes is an important naturopathic aim for FM patients.

Support endocrine system to help with sleep problems and anxiety, and menopause.

The combined dysfunction associated with the HPA axis and the adrenal response contributes to the aetiopathology and symptomatology of FM. Elevation of late evening cortisol and alterations in melatonin levels may contribute to the poor sleep patterns seen in this cohort. 3mg. of melatonin at bedtime in a small uncontrolled study revealed significant improvement in tender point, pain severity and sleep after four weeks.

### Naturopathic plan

Drink fennel and dandelion root tea, green tea. Dandelion is a bitter herb that aids digestion, liver function and diuresis. Dandelion root contains inulin, which serves as a food source of the “friendly” colonic bacteria species *Bifidobacterium* and *Lactobacillus*. Green tea has an antioxidant activity.

Aim to drink eight glasses of water per day.

Drink one cup/ day of cabbage juice to help the gut to repair. Studies with the use of glutamine from cabbage juice demonstrated improvement in gut barrier function.

Drink aloe Vera juice: antiviral, antimicrobial and potentiates the immune system.

Increase use of anti-inflammatory

foods: turmeric, broccoli, ginger, chia seeds, celery, avocado, leafy greens, papaya, blueberries.

Avoid inflammatory foods: tomato, nightshades, coffee, and gluten.

I gave her a list of pre and probiotics foods to build up good microflora balance in the gut and repair it. Reduce internal sources of oxidative stress like gut ecology imbalances, improve liver and gut detoxification as protective strategies. Immune dysregulation is influenced by the role of gut flora. It is important to modulate the gut flora for improved health by supplementing the diet with pre and probiotics.

Eat more bitter foods to help digestion: rocket, radicchio, kale before any meal.

B5-rich foods to help with energy production: shiitake mushrooms, avocado, sweet potato, lentils, and peas.

Smoothies’ ingredients to reduce inflammation: organic curcumin powder, ginger, berries, greens, chia seeds, kiwi and pineapple. Curcumin has a potent antioxidant activity and exhibits anti-inflammatory effects. One of the three primary purposes of turmeric and curcumin in clinical applications is to reduce inflammation.

Top spices to boost metabolism are: Cayenne raises metabolism, Cinnamon regulates blood sugar, Turmeric is anti-inflammatory, decreases insulin resistance, Ginger is anti-inflammatory and enhances fat digestion and increases thermogenesis; burning fat to increase body heat and Cumin reduces fat and increase metabolism.

### Lifestyle

Try Headspace app for meditation. Mindfulness training sessions revealed alleviation of depressive

symptoms. Due to the complexity of this syndrome, a multi-dimensional approach should be taken to achieve best results for patients with FM.

CoQ10 plays a role in mitochondrial function and acts as an essential cofactor for the cellular production of energy. Low blood levels of CoQ10 have been found in CFS patients compared with normal subjects, suggesting that supplementation may be useful.

Glucosamine is a natural component of proteoglycans, the building blocks of cartilage; it increases its synthesis when taken orally. MSM has been used as a sulphur-based nutritional supplement in conditions with joint pain.

### Learnings

The client reported significant improvement with arthritis and fibromyalgia symptoms, energy and wellbeing. Her sleep quality has been a little better as she followed the sleep hygiene suggestions, I feel the support of the adrenals with adaptogens like ashwagandha or rhodiola and 5HTP should be the next step.

She improved her diet and feels better, although much more can be done to achieve remission; she felt healthier but wanted to achieve weight loss faster.

This case study has been challenging and rewarding. I acquired a good research base on fibromyalgia complexity issues and arthritis in a female patient during menopause. FM has been associated with abnormalities in multiple body systems and I would have liked to assess more tests to investigate deep at the root of the client health. Underlying factors are for sure to be further investigated for this client to acquire and reverse FM. On the other hand the right nutrition, exercise,

and right supplements that support the muscular, nervous, digestive, and endocrine systems can also facilitate the elimination of toxins and may assist in the self-healing process. I believe the right input has been placed and the client has been enthusiastic about the achievements. Unfortunately she was overwhelmed, just one week before our follow-up, by her dad’s cancer diagnosis. This put her into mental and physical distress, causing a temporary flare up of FM; when stress-induced these flare-ups are common. I am confident that the good results put this client on a recovery route nevertheless.

### Progress and future

I still follow the client and her fibromyalgia and arthritis symptoms are improved, the sleeping circadian rhythm is still to improve further. My advice has been to keep up with the new healthier habits to achieve a happier health state; the journey might be long, but the actual proof she achieved gave the right input towards balance, she learned to manage her symptoms and to feel her body’s needs.

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### Supplement recommendations

Recommended nutrients	Amount	AM	MID	PM	Notes
Cytoplän 50+	1/day	-	1	-	To continue
CoQ10 Lamberts	1/day	1	-	-	
Wiley’s fish oil	1/day	1	-	-	To continue
Archturus Glucosamine & MSM	2/day	1	1	-	To consider for joints – for at least 6 months
Aloe vera Life stream	2/day	1	1	-	For optimum results take 40mls, twice daily



We know our practitioners are quietly getting on with changing people’s lives, every day – and we want to celebrate and share the inspiration. In Practice is coordinated by regular contributor Rebecca Smith, who runs a successful practice of her own, established 20 years ago. Contact her direct to be part of the feature: [rebecca@newportcomplementaryhealthclinic.co.uk](mailto:rebecca@newportcomplementaryhealthclinic.co.uk), and follow her on Twitter: @NCHealthClinic.