

# nutrition & dietetics

*personalised nutrition pathways empowering you to achieve a balance between physical health and mental wellness*

At Self Reflections, we recognise the profound impact of nutrition on both physical and mental well-being. Our Dietetics service is dedicated to supporting children, adolescents, and adults of all ages who are navigating challenges with physical health, food, weight, body issues, and eating disorders.



Our Accredited Practising Dietitians provide expert, compassionate care, offering evidence-based, practical advice tailored to your unique nutritional needs or medical conditions. We believe in fostering a healthier, more balanced relationship with food, contributing to your overall health and happiness. Our approach extends beyond dietary adjustments, aiming to enhance your life quality through improved nutrition.

## OUR DIETITIANS

- Listen to and assess your nutritional status and needs
- Support you to improve your relationship with food and your body
- Help you to tune into your body's hunger, fullness and satisfaction cues
- Provide guidance on building balanced and satisfying meals that support your health, nutrition requirements and preferences
- Assist in managing health conditions without focusing on weight or rigid food rules, instead utilising a Health At Every Size (HAES) Approach
- Help you set and achieve your nutrition goals
- Debunk any nutrition myths or misinformation

## CONTACT

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## KEY CLINICAL AREAS

- Arthritis & Gout
- Pre-Diabetes, Type 1 & 2 Diabetes
- Eating Disorders (AN, BN, ARFID, BED, OSFED) & Disordered Eating
- Breastfeeding & Introducing Solids
- IBS & IBD
- Hypertension & Hyperlipidaemia
- Mental Health Illnesses (ADHD, Anxiety, ASD, Depression etc)
- Intuitive Eating Principles
- Nutrition Deficiencies (Low Iron)
- Renal Disease
- Sports Nutrition
- Paediatric Nutrition (Failure to Thrive, Fussy Eating & Feeding Difficulties)
- Pregnancy, PCOS & Menopause

...and so much more!

## WHO IS IT FOR?

Our dietetics service is for anyone seeking to improve their health through nutrition. Our focus is to empower you with knowledge and practical skills to make informed food choices.

We understand that each individual's relationship with food is unique, and our dietitians are skilled in addressing a wide range of nutritional needs.

Self REFLECTIONS