

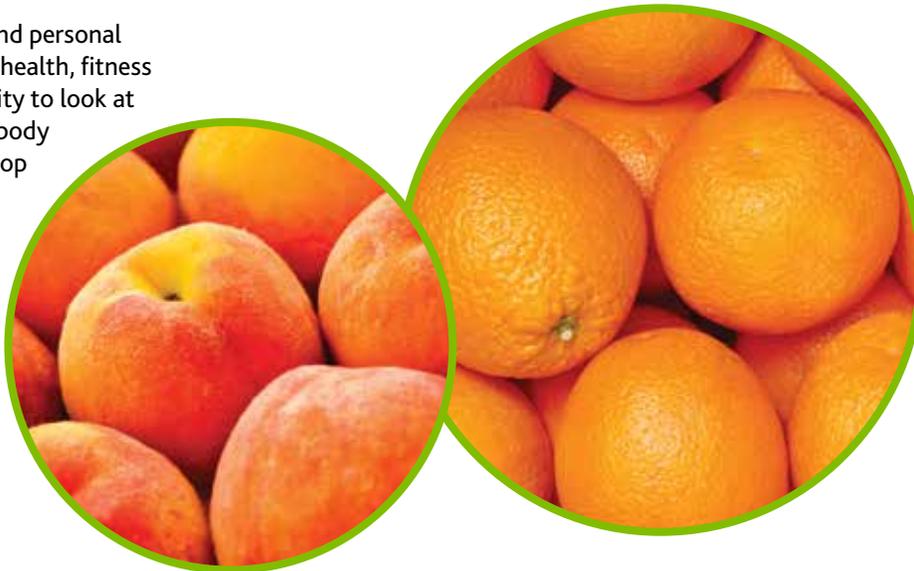
Sports Nutrition

A well designed nutrition programme is often the critical element missing in any fitness or sports training programme. Proper attention to your diet and to vitamin and mineral supplementation is a must for people looking to achieve their optimal physical potential. An individual focused nutrition plan can help you:

- Work 100% of your physical potential in training
- Achieve body composition goals such as fat loss and muscle gain
- Improve your metabolism and nutrient absorption
- Increase energy and reduce muscle fatigue
- Achieve quality sleep and positive mental attitude
- Put your performance on a new plain and protect your future health

Helens education in sports nutrition and personal training as well as her expertise in the health, fitness and weight loss field gives her the ability to look at each client/athletes individual needs, body composition, personal goals and develop tailored plans that work. Whether you are a beginner or an accomplished sports person, Helen can help you maximise your performance and overall health.

To arrange an appointment or enquire about a personal nutrition consultation contact the clinic on



Given the right conditions the body will naturally try to heal itself. Nutritional therapy can help with a range of problems including:

- Weight issues - Diabetes
- Digestive complaints
- Thyroid malfunction
- Bowel disorders
- Endometriosis, Polycystic Ovaries
- Infertility
- Stress
- Skin Conditions and much more...

Discover what a difference nutrition and lifestyle can make to your health - call today

www.helenkenny.com

Helen Kenny NUTRITION



**Nutrition Consultation includes -
Food Intolerance Testing &
Vitamin & Mineral analysis**

A Nutrition consultation identifies your personal health issues and a diet and supplement programme is designed for your individual needs.

**Optimum Nutrition - Your path
to Optimum Health**

Helen Kenny BSc Nutrition DiplON mBant
NUTRITION CONSULTANT

089 - 49 747 27

Dublin Clinic: Primacare Medical Centre, Lucan
Leitrim Clinic: Aughavas, Co. Leitrim

www.helenkenny.com

Get Healthy Now the Natural Way

Would you like to have consistent energy through the day, stop sugar cravings sleep better, and feel fantastic?

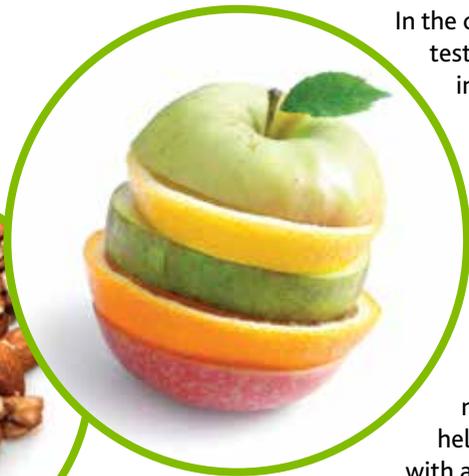
Now you can - A Nutrition consultation identifies your personal health issues and a diet and supplement programme is designed for your individual needs.

Allergy testing, vitamin/mineral screening and organ health analysis included in consultation fees. Testing is carried out using a computerised testing system proven to be 99% accurate.

Did You Know...

A study conducted by the University of Surrey showed that couples with a previous history of infertility who made changes to their lifestyle, diet and took prescribed nutritional supplements had an 80% success rate.

By making specific dietary changes and supplementing depleted nutrients, positive changes in health are promoted.



Diagnostic Tests

Food intolerances - 110 foods

Vitamin & Mineral - 40 nutrients

Body organs - 24 vital organs

Hormone Balance - 39 hormones

A food intolerance test and nutrient analysis is carried out at the first consultation, all included in the consultation fee.

Consultation and Tests

In the clinic the diagnostic tests are carried out in conjunction with a Nutrition Consultation. The results are printed and explained in detail and a specific dietary and supplement plan designed based on the results. With this method Helen has helped numerous people with all kinds of health related issues such as cholesterol, colitis, chronic infections, irritable bowel, fatigue, blood pressure, hormone imbalance, low energy, weight loss and much more.

MAKE AN APPOINTMENT TODAY
start your move to a healthy and energetic life



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"Each person is different and has different nutritional needs. Whether you are looking for help with a particular condition, or just wish to look after yourself, I will assist you to achieving your goals. A Nutrition consultation identifies your personal needs and an individual nutrition and supplement programme is designed for you to alleviate or manage illness and promote optimum health. Nutrition is all about health - how to gain it and how to keep it."

Helen Kenny

Call Today

089 4974727

www.helenkenny.com

**Your Life, Your Decision,
Your Responsibility**

Optimum Nutrition
Your path to Optimum Health