

FLOW

FLOW NUTRITIONAL HEALTHCARE CONSULTANCY

ALLERGY TESTING
DNA FOOD ALLERGY TESTS
NUTRITIONAL THERAPY
COLONIC HYDROTHERAPY
NATURAL FACE LIFT MASSAGE

SYMPTOM ANALYSIS,
DIET AND LIFESTYLE REVIEW

BY JO FORD, Dip AIT DIP NNP.
MEMBER OF UK SCHOOL OF NATUROPATHIC NUTRITION
REGISTER OF NUTRITIONAL THERAPISTS

LAB TEST ARE BUPA/PPP MEDICAL INSURANCE REGISTERED

BOOKING & ENQUIRIES:
MB: 07769 587177
CLINIC: 0208 541 3396

EMAIL: JO@FLOWFOOD4HEALTH.COM
WWW.FLOWFOOD4HEALTH.COM

CUSTOMER TESTIMONIALS

"After years of IBS, I feel I can live a normal life again. My pain and discomfort have gone"

"Candida and hormonal problems had taken over my life, I'm so pleased I went to see FLOW, It helped me so much."

"My skin looks better than it has done in years, I feel like a new person"

"I'm not tired or bloated anymore and my family are pleased to have an energetic fun mum again!"

"I thought it was normal to always have a headache... now my concentration and motivation are back"

For testing and appointments please contact:

email: jo@flowfood4health.com
MB: 07769 587 177
CLINIC: 0208 541 3396

IF YOU HAVE ANY QUESTIONS AT ALL, JO IS ALWAYS HAPPY TO HAVE A SIMPLE CHAT TO ANSWER ANY OF YOUR CONCERNS.

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ADDITIONAL

Treatments are payable by cash or cheque.

Please note if you need to cancel your appointment notify me 24 hours in advance. Failure to do so will incur the full charge..

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FLOW's philosophy is to encourage people to take responsibility for their own health and help you understand how this can benefit you throughout your whole life.

In today's fast-paced stressful environment, feeling good is more important than ever. A healthy immune system forms the basis of our well-being and optimum health depends on how well you are absorbing and digesting nutrients.

Jo Ford is a qualified Food Intolerance and Nutritional Therapist. Her approach is professional and caring and her interesting consultations talk you through symptom analysis, and a personal diet and lifestyle review.

JO worked in media for 10 years before setting up **FLOW**. She recognised how life-changing a food intolerance test could be, having suffered undiagnosed IBS and skin problems for years.

In addition to Nutrition **colonics** accelerate the healing process by means of elimination and especially by means of rehydrating the body. Colonic Hydrotherapy is the gentle rinsing of the colon with warm purified water to eliminate stored faecal matter, gas, mucus & toxins. Other benefits are clearer skin/eyes; enhanced mental clarity; increased energy; relief from headaches, allergies, piles, bloating & IBS; & the improvement of circulatory, immune & weight problems.

Jo also practises in **Natural face lift** - a lymphatic drainage massage that provides very positive and visual results even after one session.

FLOW also offers follow up consultations and an email 'helpline'. jo@flowfood4health.com

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Continual professional development

Jo regularly attends workshops and seminars to enhance her naturopathic approach to healing and continues to enjoy her studies into Naturopathic Nutrition.

Are the foods you are eating making you feel ill?

TYPICAL SYMPTOMS TREATED

- Fatigue
- Bloating/I.B.S
- PMT
- Headaches/Migraines
- Arthritis/Joint Problems
- Skin complaints
- Depression
- Children's Allergies
- Sinus / Catarrh
- Candida

What do the tests involve ?

Over 120 different food and environmental items are tested during our consultation.

How long does it take?

A consultation takes approximately an hour.

Will I have to avoid certain foods forever?

This will depend on whether your body can tolerate the food once it has been re-introduced into your diet, after an initial 4 week programme. In some circumstances this 4 week period will have to be extended, if, for example, the body's immune and digestive systems need additional support to eradicate the underlying problem.

LABORATORY TESTS AVAILABLE

Individual prices on request -
Liver Function/Detoxification Potential Tests
Chemical Sensitivity Testing
Live Blood Analysis/Darkfield Microscopy
Adrenal Stress Tests
Organic Acids Urinary Analysis
Hormonal Balance
Comprehensive Digestive Stool Analysis

CONSULTATIONS

Initial 1st consultaion - 1hr £65
includes clinical diagnosis and questionnaire, allergy test of up to 100 different food and environmental items, Personal Optimum health report.

Childs 1st appt - 40 mins £50

Allergy testing only - 40 mins £45

Follow ups - 45 mins £45

Nutritional Therapy - 1hr £55

Colonic Hydrotherpay - 1 hr £85

Natural Face lift - 1hr £45

