

Grow yourself a new you! Reinvigorate yourself!

We associate springtime with getting out into the garden, the parks and the countryside; and seeing the bulbs coming up, the buds fattening on the sleepy branches, and the early flowers.



This amazing phenomenon of plant growth requires sunlight and nutrients from the ground, and without right environment the plants would not grow into specimens providing these uplifting experiences.



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Similarly, we humans only flourish by providing the right environment for ourselves. Not only do we need food, water and sunlight, but lifestyle factors, including mental stimulation, physical exercise, sleep and relaxation, are all elements of our health environment.

As any gardener can tell you, with plants there is no standard formula for success. Each plant species is adapted to thrive in a specific environment and with specific nutrient requirements.



We, too, are individuals with genetic variations, and have nutrient needs and wants to match our own lifestyle and aspirations, and to optimise health and wellbeing.



Nutritional Therapy considers an individual's food, nutrient and lifestyle needs to offer personalised nutrition programmes. Further information is available online: www.bant.org.uk/about-nutritional-therapy/

You can learn more by calling in at Riverside Wellbeing between 9-12.30 on the last Wednesday of the month for an informal free chat with Kathryn – no appointment needed – no obligation to arrange a consultation.

Spring is the perfect time for reinvigoration!

forkprovoking® Kathryn Rogers Registered Nutritional Therapist