
VITALI

Optimise Your Health, Energy
and Wellbeing





VITALI

HOW VITALI CAN HELP YOU

Food plays such an important part in all our lives. Many of us get a great deal of pleasure from sitting down to a meal with our family and friends. But did you know that a staggering 70% of all deaths are related to diet? So getting the balance right has a vital part to play in optimising your health, energy levels and general sense of well being as well as reducing your risk of ill health.

WEIGHT MANAGEMENT

With obesity and excess weight affecting more than half the population, it may come as no surprise that these will dramatically increase your risk of heart disease, stroke and diabetes and can shorten your life by as much as nine years. Losing even a modest amount of weight will reduce your risk, but without lifestyle changes the lost weight is often regained. Using behavioural change techniques we can set realistic goals to help you lose weight and keep it off.

MANAGING DIABETES

People with diabetes are more at risk of developing complications such as heart disease, blindness and kidney damage. Diet and exercise is the cornerstone to managing diabetes and is known to reduce these complications. Guidelines change over time so an annual review is recommended.

PREVENTING HEART DISEASE

One person dies every 3 minutes from a heart attack and more than half of these are related to poor eating habits. Simple changes that involve adding foods to your diet and not necessarily cutting out those you enjoy most will reduce your risk of heart disease.

“manage your hectic lifestyle by boosting your energy levels and sense of well being”

FOOD ALLERGY AND INTOLERANCE

If you suffer from IBS, Crohn's disease, food cravings, bloating, mood swings, migraines or joint and muscle pain you may have a food allergy or intolerance. It can be difficult to detect the offending foods on your own. Together we can plan an elimination diet or discuss the relative merits of other tests.

RAISING ENERGY LEVELS

Is your life so busy that you find yourself either skipping meals or eating 'on the hop', grabbing a cup of coffee to give you a lift and then on to a business dinner, late to bed and after a poor nights sleep repeating it all again the next day? I can help you manage your hectic lifestyle by boosting your energy levels and sense of well being.

SPORTS NUTRITION

For both the serious athlete and those who exercise to keep fit or lose weight, establishing the right balance of food and fluids will improve your exercise performance and reduce your level of fatigue.

THE BEST START IN LIFE

One of the greatest gifts you and your partner can give your unborn baby is the nutrients it needs to build a healthy body. Making changes to your diet at this stage will give your baby more chance of growing into a healthy child.

A HEALTHY ATTITUDE

Good nutrition has been shown to improve other conditions such as high blood pressure, polycystic ovarian syndrome and gastric disorders including diverticulitis, ulcerative colitis and coeliac disease. A healthy and sensible attitude to vitamins and minerals is also important. We can review what's best for you.

YOU AND YOUR HEALTH INSURANCE

Private nutrition and dietetic cover given by a Registered Dietitian is one of the benefits offered by all major private health insurance companies. It is important to check your policy before starting treatment. For those who have an underlying medical condition I do ask for a referral letter from your GP or consultant. This will ensure the advice I give you is appropriate to your needs.

Ali Todd - "Having qualified as a dietitian at King's College, London I spent two years working in teaching hospitals in London. During this time my work was published in the Proceedings of the



Nutrition Society and presented at the International Conference of Dietetics in 2000. I went on to develop the nutrition and dietetic service to the cancer and leukaemia centre at Addenbrooke's hospital, Cambridge. As head of nutrition and dietetics for the renowned Champneys health resort I was involved in promoting good health through diet and lifestyle changes. As a member of the British Dietetic Association I am bound by a strict code of conduct. The advice I offer

is therefore impartial and based on the latest scientific research."

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