

**Oyku Uman**  
Nutritionist

## WEIGHT MANAGEMENT CLINIC

**First Assesment: £100**

**Follow up: £100**

**3 months Package: 9 sessions £700**

**6 months Package: 18 sessions £1300**

**Mindful Eating Therapy: £50 (30 mins)**

**Blood Tests: £150**

# Mediwell Clinic Weight Management Services

## Personal weight management programmes

Tailored diet plans and support to help you manage your weight. Specialised advice to assist you in reaching your weight goals. This service will take into account your current weight, lifestyle and personal goals to form an individual programme that's suited to you.

## Eating Disorders

Tailored diet plans and support to help you manage your weight. Specialised advice to assist you in reaching your weight goals. This service will take into account your current weight, lifestyle and personal goals to form an individual programme that's suited to you.

## Healthy Eating For Pre-Conception & Pregnancy

### Polycystic Ovary Syndrome (PCOS)

Your diet has a great effect on the symptoms of PCOS, from weight management through to insulin sensitivity. High levels of insulin in your blood is one of the causes of higher testosterone levels in PCOS, which often results in unwanted hair growth and fertility problems. By looking at your current diet and lifestyle we can put together a plan to help correct hormone imbalances and hugely improve symptoms.

### Nutrition for mums-to-be

Nutrition for pre-conception, pregnancy and breastfeeding. The healthy development of your baby is dependent on the nutrition provided by you, which is why healthy eating during pregnancy is so important.

### Children's nutrition

What children eat and the habits they develop now will affect their health throughout their lives. I cover all aspects of children's nutrition from what nutrients they need at each stage; fussy eating; overweight & obesity; and behavioral problems.

### Eating for IBS

Advice for the symptom management of irritable bowel syndrome. Living with IBS can affect your quality of life. Learning to manage your diet and lifestyle can alleviate symptoms allowing you to live your life again.

### Sports nutrition

Learn how good nutrition can help you get the most out of your performance. Make the food you eat work for you. Tailored advice to facilitate your personal fitness regime. Learn how your body uses energy, nutrients and fluid during exercise and training.

### Personalised healthy eating diet plans

A diet plan tailored to suit your personal requirements. A plan incorporating your health status, lifestyle and goals that will enable you to eat a healthy diet for your personal circumstances.