

The Nutrition Line : 0891 615522.

Contributors

Nutrition Line.

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THE
nutrition LINE

0891 615522

*"I have a hyperactive child. Are there foods
that would help?"*

*"I'm worried about my bones.
How can I be sure I'm getting enough calcium?"*

"Can nutrition help my PMS?"

*"I get too many colds and 'flu.
Would Vitamin C help?"*

**Call our qualified and experienced
nutrition consultants for answers
to questions like these**

THE
nutrition LINE **0891 615522**

We are open to take your call:

<i>Monday</i>	<i>10.30 am to 6.30 pm</i>
<i>Tuesday</i>	<i>10.30 am to 6.30 pm</i>
<i>Wednesday</i>	<i>10.30 am to 6.30 pm</i>
<i>Thursday</i>	<i>12.00 am to 8.00 pm</i>
<i>Friday</i>	<i>12.00 am to 8.00 pm</i>
<i>Saturday</i>	<i>9.00 am to 1.00 pm</i>

Your call will be charged at 36p per minute cheap rate and 48p per minute at all other times.

At your service

Penny Davenport *RNT*

A much loved figure in the nutritional world, with a sympathetic ear and 10 years experience. Penny is a Member of the Register of Nutritional Therapists and of the National Guild of Clinical Nutritionists.

Mandy Cohen *B.Sc. D.O. M.N.T.O.S.*

Mandy has an Honours degree in nutrition and has four years experience as a nutritional therapist as well as being a qualified osteopath. An expert on backs, bones, aches and pains!

Jeanette Swayne *Dip. ION*

Jeanette trained at the Institute for Optimum Nutrition and is a qualified counsellor with four years experience. She is particularly interested in women's needs, handling stress and skin care.

Consultations

Full nutrition consultations are available by telephone* or at our clinic at Burwash Common. You will be sent a detailed questionnaire. Your nutritionist will examine all your nutritional needs, including your digestive system, your heart and circulation, your nervous system, your immune system and your muscles and bones. She will also take into consideration your hormonal balance. You will be given specific dietary suggestions, based on your individual needs. A programme of vitamins and minerals may also be recommended.

Fees Nutrition Consultation £32, Child/OAP/unwaged £20, Parent and child £45 To book your consultation call 0435 882694.

*Telephone consultations will be charged at the ordinary, not the premium rate.

Natural Therapy Clinic Other therapies available at our clinic; homeopathy, osteopathy, reflexology, aromatherapy, massage.

The Nutrition Line also sponsors lectures and seminars on nutritional subjects, and supplies relevant and interesting books and journals on natural healing. Please ask for details.

The Nutrition Line, Burwash Common, East Sussex, TN19 7LX,
Telephone 0435 882964 (*bookings and office enquiries only*).