

## **Peter A Cox - Clinical Nutritionist**

"Choose to Make Yourself Well"

Having worked in healthcare since the early 1980's, I've been exposed to many ideas as well as different forms of medicine. As a founder of Prestige Health, Chief Physiologist to Barbican Healthcare and BUPA Wellness I worked within conventional medical clinics developing and delivering lifestyle programmes to people attending health assessments. Since 2000 I've worked as a Clinical Nutritionist in private practice and in 2006 was appointed as Nuffield Health's Head of Nutrition, with the responsibility for the development of nutrition related services.

My current clinics see me working alongside some of the Capital's leading clinicians to provide the best of integrative healthcare.

Nutritional medicine offers a modern evidence-based approach in providing safe, gentle and effective treatments for many health conditions, whilst being grounded in traditional philosophies about health. Effective nutrition also enhances performance, at work, home and for sports. To assist in the accurate and effective treatment of health conditions I offer a wide range of conventional and functional tests, including blood tests.

Having qualified as a Clinical Nutritionist, gaining a distinction in the Diploma in Optimal Nutritional Consulting in 2000, I'm registered with the British Association for Nutritional Therapy and the Department of Health's Council for Natural Healthcare (CNHC). I also practice First Line Therapy which enables me to incorporate my experience as a teacher of Autogenic Training (relaxation technique) and exercise with nutritional therapy to provide a comprehensive and effective therapeutic approach to most health conditions. Audits demonstrate 100% of my clients report improvements in their health and 99.4% of clients would recommend this service to friends and family.

My areas of interest include Nutrition and mental health and gut and mental health, as well as fatigue, chronic fatigue syndrome and burn out and weight disorders with special reference to food addiction, and I receive specialist referrals for these and many other health conditions. Whilst a generalist, I have a particular interest in the connection between nutritional deficiencies and abnormal gut ecologies and mental health disorders, and especially anxiety disorders and depression, ADHD, weight and eating disorders.