

Menopause Nutrition Clinics held by Registered Dietitian - Jo Stavropoulos

Perimenopause and menopause can bring significant changes to our bodies, energy levels, and mood, often requiring a tailored compassionate approach to nutrition to manage symptoms like weight gain, hot flushes, and fatigue.

In our 1:1 consultations we will look closely at your current symptoms, diet and lifestyle to build a practical, personalised step by step action plan.

My approach is focused on nurturing your health and providing sustainable diet and lifestyle strategies to help you feel like yourself again.

To book an initial consultation or a free introductory chat, contact Registered Dietitian Jo Stavropoulos via email:

jodietitian7@gmail.com