



THE CHIRON CENTRE
for natural health

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For all your complementary healthcare needs

***Do you need to lose weight, have more energy
or need simple nutritional advice?***



Nutritional Adviser, Eve PORCHER- BSc(Hons) Food and Nutrition-
can help you to achieve your goals at the Chiron Centre!

Who can benefit from nutritional advice?

- Everybody! I help mainly individuals, couples or even families. Either they want to lose weight, or need a restricted diet and they want to learn how to eat healthily, in a well balanced way, to improve their vitality and general health.

Do you propose a specific diet for your clients who want to lose weight?

- To lose weight permanently, people shouldn't be "on a diet", but instead they should learn well balanced eating: Wild animals don't count their calories, don't weigh their food, but they always stay at their optimum weight just by responding to their hunger. Dieting is unhealthy and puts your body under too much stress!

Do you never put your clients on a drastic diet?

- No, a "drastic" diet usually means: **frustration**, which leads to impulsive eating behaviours; **unbalanced eating** as main nutrients are reduced or removed from the daily intake; and **not enough calories**, thus making people hungry and craving snacks. People lose weight quickly but they put it back on again even quicker because nobody teaches them how to change their eating **habits**. It is this "yo-yoing" that puts their body under a lot of stress and fatigue.

So what are the main points of your method?

- Weight loss, or just learning to eat well must be natural, enjoyable and profitable to your health. It should be lived as a succession of benefits and not of frustrations.
- One to one regular talks and support are key to my method. During the first free induction visit, we go through a questionnaire to get a picture of your eating habits and life-style, and to identify your problems and main goals.
- We then agree on a personalised program for either 6 or 12 months: this time is needed to not only acquire all the technical knowledge, but also to benefit from the psychological support



The client learns new eating habits, and needs time to put them into practice, integrating them with a change of life-style.

We also go through subjects such as nutrients, digestion, how to shop, cook and prepare well balance meals...

**If you want to know more, just book your
free appointment today!**

Call: 0117 962 3411

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