



Dorota Juskiewicz

Clinical Nutritionist

What Dorota can do for you...

Nutritional Therapy is the application of nutritional science in the promotion of optimum health, peak performance, disease prevention and patient care.

The process starts with a confidential consultation where a thorough investigation into your medical history will be taken and evaluated. You will be asked to complete a Health Questionnaire, which includes a number of detailed questions, and a three day food diary. Dorota will then suggest necessary steps needed to improve your health; this may include change of diet, nutritional supplementation, or taking appropriate diagnostic tests. Follow-up appointments will take into account your progress and the results of any biochemical and functional tests you may have done. A full dietary and lifestyle programme will be recommended to help you achieve optimum health, and wellbeing.

Health conditions helped by nutritional therapy include:

- Allergies and food intolerances
- Anti-aging
- Asthma
- Anxiety
- Blood sugar imbalances and diabetes
- Childhood developmental and learning difficulties
- Chronic fatigue syndrome
- Degenerative disease
- Depression
- Digestive disorders
- Eczema
- Headaches and migraines
- Hormonal imbalances
- Immune dysfunction
- Insomnia
- Irritable Bowel Syndrome
- Parasitic and fungal infections including Candida
- Persistent genitourinary infections

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- Pre-conceptual care
- Sinus congestion
- Skin disorders including acne, psoriasis, rashes
- Stress and adrenal disorders
- Weight problems

About Dorota...

Dorota studied at the UK College of Nutrition and Health (BCNH), where she gained the Licence to Practice Nutritional Therapy in 2004, and then went on to graduate with a distinction. Since the beginning of 2005, Dorota has been practising alongside Nish Joshii at the Joshi Clinic. She is now developing her clinical portfolio as a Clinical Nutrition Consultant.

Dorota's special interests include digestive disorders, skin conditions and women's health. She is passionate about providing the best nutrition for children to support and optimise their development.

Dorota has a background in psychology (MA Psychology) and has residential experience working with adolescents with eating disorders. She is also currently Programme Director at the UK College of Nutrition and Health (BCNH) and a tutor on the BSc degree programme. She is a registered member of the British Association of Nutrition Therapy.

Philosophy...

"My approach to clinical nutrition is grounded in the following principles:

- Biochemical individuality describes the importance of individual variations in metabolic function.
- Patient-centred approach emphasises "patient care" rather than "disease care".
- Dynamic balance of internal and external factors.
- Health as positive vitality – not merely the absence of disease."

To find out more or to book a consultation with Dorota please ask at reception or call +44 (0)20 7487 5456.

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