

Nutritional therapy at Ocean Clinic

To help you maintain the best results from Dr Kaye's care, we recommend you see Ocean Clinic's nutritional therapist, Claudia Norris.



What is nutritional therapy?

More than two thousand years ago, Hippocrates advocated «Let food be your medicine and let medicine be your food.» Today we say «You are what you eat!»

Eating the right foods can help prepare your body for your procedure, speed up your recovery, and maintain your results. Claudia works with you, giving tailored advice based on your health concerns, goals, food preferences and lifestyle. Her advice is based on scientific and medical research and you will come away understanding why particular recommendations have been made. You will also have a wealth of practical advice including meal suggestions, recipes, shopping lists, and recommendations on food choices in your favourite restaurants.

Benefits of nutritional therapy

- Improved body composition & weight/fat loss (if desired)
- Maximised revitalisation and recovery post-op
- Reduced post-op inflammation and bruising
- Strengthened immune system
- Improved skin health and healing
- Increased energy

- Improved management of any conditions you may have eg. diabetes, cholesterol, high blood pressure, irritable bowel syndrome etc
- Confidence in making smart, healthy, convenient food choices
- Increased motivation to reach and exceed your health goals

What does a nutrition consultation involve?

The consultation is tailored to your needs at the time. Ideally clients will book their first consultation 3-4 weeks before their procedure. Research has shown that optimal recovery, including the best possible results seen in the shortest time period, is achieved when particular dietary strategies are followed.



During your first consultation, Claudia will:

- Ensure your body has the nutrients it needs in order to strengthen your immune system and cope with the upcoming stress of the procedure.
- Implement an intensive weight loss plan (if advised by Dr Kaye) and cope with the upcoming stress of the procedure.
- Advise on foods and supplements you will need to avoid a week before surgery that may interfere with anaesthesia, immune function and bleeding time (fish oils for example).
- Recommend an eating plan for the first days and weeks after your procedure. The immediate goal of post-surgery nutrition is to promote quick healing and recovery with the assistance of a well-supported immune system, while reducing pain, inflammation and swelling.

On-going nutrition consultations will focus on helping you achieve your goals – whether it is further weight loss, weight maintenance, skin health, anti-ageing, improving energy levels or addressing a particular health concern.

About Claudia

Claudia trained at BCNH (the British College of Nutritional Health) and gained her Licence to Practice Nutritional Therapy with Distinction in November 2004. She is a registered practitioner with the Nutritional Therapy Council in the UK.

Claudia's UK practice consulted for both individuals and corporations before she moved to Spain in 2009.

Claudia's particular area of interest is weight loss. She has worked extensively with individuals in the UK and Spain and has developed and run weight loss programmes. She had 75 police officers from Bedfordshire Police Force on group programmes and since moving to Spain, has set up Fitness & Food (www.fitnessandfood.me) with personal trainer JoJo France which combines nutrition with fitness, on which 98% of participants have dropped a dress size within 6 weeks. She travels back to London to lecture on obesity to nutrition students at the British College of Nutritional Health.

Claudia has worked with many individuals with a varied range of illnesses and medical conditions. This includes digestive problems, cancer, type II diabetes, PCOS, hormonal imbalances, skin problems, infertility, lack of energy, adrenal fatigue, stroke patients, osteoporosis, lowered immunity, raised cholesterol and high blood pressure.



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