Nourish to Soar

What gets more attention?





Your car or your body?

CLAIRE THOMAS · NOURISH TO SOAR – LIVE BEYOND FATIGUE

REGISTERED NUTRITIONAL THERAPIST | PHLEBOTOMIST | NLP PRACTITIONER

Mid Devon Network Breakfast

The warning lights we live with

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- Exhausted by lunchtime
- Losing words in meetings
- Digestion that interrupts your day
- Sleeping, but not recovering

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When fatigue affects a business

When they came to me

Severe fatigue
Time spent in bed
Brain fog and digestive symptoms

Around 16 weeks later

More energy
Back to running their business

One person’s experience; progress varies.

Five places I look for answers

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Nourish

Nutrition, blood sugar balance, gut health

Balance

Stress, thyroid and the nervous system

Restore

Sleep and recovery

Energise

Movement that fits your life

Renew

Mindset and lasting change

Symptoms make more sense when we see the whole picture.

Useful data and joined-up care.

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When it helps answer a clear question, I use:

Blood tests

Stool tests

Other targeted tests

Medical review

A private GP from Peninsula Private Medical reviews blood results and flags findings that need medical follow-up.

Who comes to see me?

“I’m functioning, holding it all together but running on empty.”

Persistent fatigue, brain fog, poor sleep or digestive symptoms or just wanting to know what’s going on.

Speak to me after breakfast

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I provide.....

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1:1 Personalised Nutrition Programmes

Blood Testing

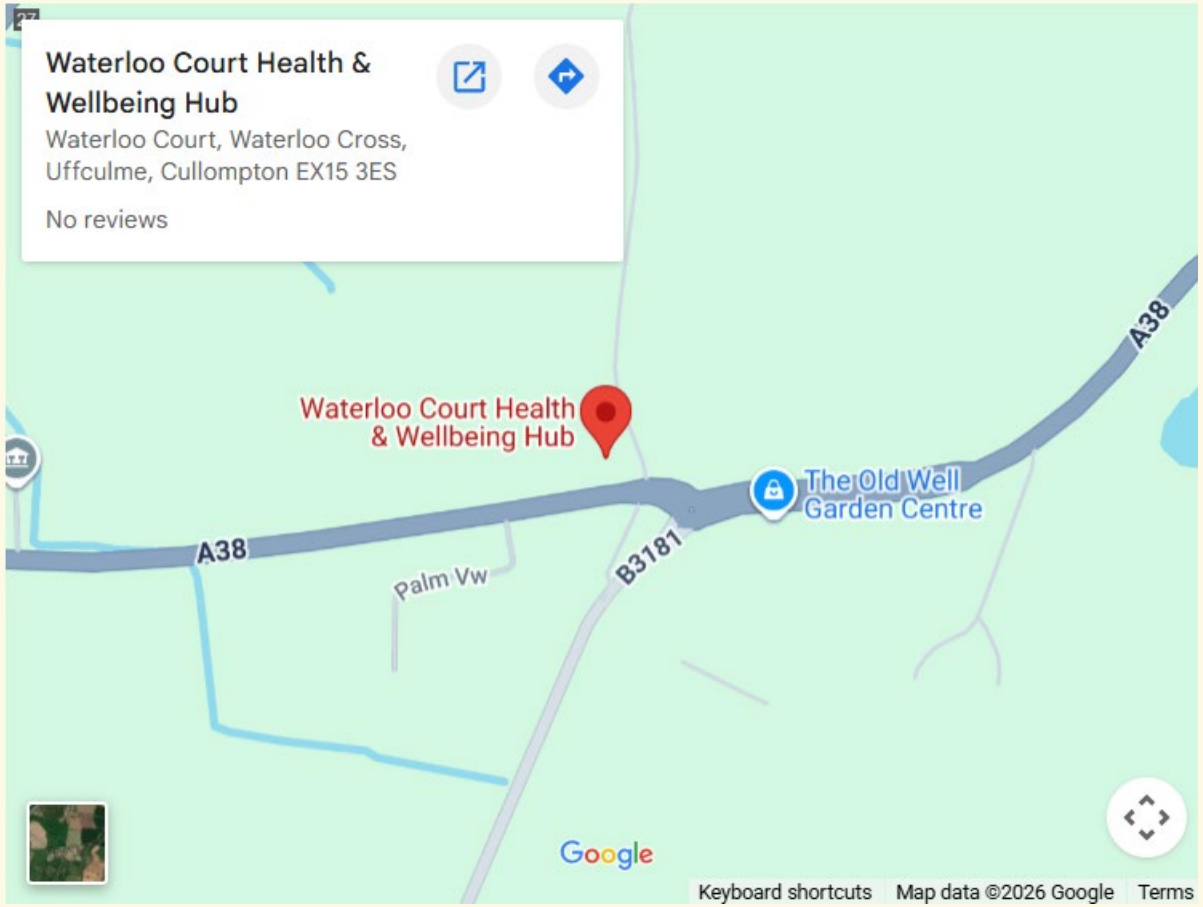
Workplace wellness – Nourish Your Life

Speaking on Health and Wellness

Book a free health and energy review to discuss more using the QR code.

Boost Your Energy Levels, Increase Resilience, and Do More of What You Love

Where to find me...



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