



# Nutrition

## Why Invest in Corporate Nutrition?

Corporate nutrition intervention or ‘wellness programmes’ bring many benefits. Changing people’s biochemistry, by changing what and how they eat and drink:

- Reduces absenteeism
- Increases productivity and effectiveness
- Assists in recruitment and retention
- Improves employee motivation and morale
- Reduces stress
- Improves overall health and wellbeing with a host of wider benefits
- Shows the workforce that the company cares enough to invest in preventive health care. Ultimately this reduces the human and financial cost of ill-health.

The health and wellbeing of a company’s workforce underpins that organisation’s success. Specialist advice and coaching on nutrition and lifestyle change is a very powerful tool to enable individuals to optimise their potential (in health and performance terms), which ultimately improves their organisation’s productivity and success.

## Wellbeing, Performance and Resilience

- **Condition-Specific Corporate Wellness Packages.**

These are delivered by our team of expert nutritionists. They can be provided either as **lunchtime group seminars** for employees or tailored as bespoke **packages for individual employees or managers** with one of our nutritionists working one-to-one with particular members of staff.

Topics include:

- **Heart Healthy Nutrition.** (How to lower raised blood pressure, cholesterol and other risk factors without medication – through diet, supplements and lifestyle changes.)

As a tailored individual package, this can include a *Comprehensive Cardiovascular Assessment* test, which identifies risk factors for heart disease (such as cholesterol profile; triglycerides; glucose control – glycosylated haemoglobin; homocysteine – an accurate marker for subsequent heart disease; and C-reactive protein – a marker for inflammation). It allows a personalised diet and supplement protocol to address risk factors and resolve symptoms.

- **Weight Management.** (How to lose weight *sustainably* - without fad diets and hunger or cravings - and how to keep excess weight off. This seminar will teach employees how to change the way they eat permanently. One of the additional benefits is increased energy and vitality.)
- **Managing Diabetes Through Diet.** (This seminar is aimed at people with diabetes or at risk of this condition (for example people with insulin resistance or ‘metabolic syndrome’ – ie, raised blood fats; glucose intolerance; hypertension and excess weight around the middle).)
- **Boost Your Energy Levels** (using diet, supplements and lifestyle change to achieve vibrant energy levels – with benefits for work performance and personal life).
- **Battle the Bugs and Boost Your Immune System.** How to improve your resilience to infections, autoimmune disease and cancer through food and supplements.
- **Breaking the Vicious Cycle: Helping Female Hormone Imbalance** (such as PMS, fertility problems, endometriosis and menopausal symptoms). These conditions are all significant contributors to absence and poor performance, not to mention reduced quality of life for the sufferers. This seminar will look at tests, dietary change and supplements which can help relieve female hormone problems.

As a tailored individual package, this can include a range of different diagnostic tests, including a *Comprehensive Female Hormone Profile* test, which measures sex hormone levels, together with the stress hormones cortisol and DHEA, and

melatonin. It allows a personalised diet and supplement protocol to improve hormone balance and resolve symptoms.

- **The Good Sleep Guide.** This seminar looks at dietary change, supplements and cognitive behavioural changes which can improve the very common condition of insomnia – a factor which will significantly impair individuals’ work performance and personal quality of life.
- **Nourishing Wisdom: Optimise Your Mental Performance Through Nutrition.** This seminar looks at ways to improve memory, focus, mental alertness, drive and energy to make the most of your brain. It will cover dietary change and supplements which can help optimise mental functioning.

As a tailored individual package, for example for executives, this can include a range of different tests, examining underlying factors which may impair mental function (including food intolerance, candida, toxic element exposure, and neurotransmitter imbalance). This allows a personalised diet and supplement protocol to resolve symptoms and improve cognitive performance.

- **Eat Your Way to Excellence: One-to-One Nutrition Coaching.** This involves nutrition assessments for individuals / ‘diet MOTs’, followed by personalised, bespoke recommendations for employees or managers on any of the topics listed above (or tailored to specific individual health needs).

This one-to-one nutrition coaching is particularly suited to busy executives who want to make the most of their performance using nutritional approaches (dietary change, functional health testing, and supplements).

- **Health Days.** These are on-site drop-in events for staff, covering nutrition-related issues such as deciphering food labels; product tasting; and healthy food cookery demonstrations (eg ‘healthy food on- the-run’; ‘breakfasts to power you through the day’). They also allow short 10 minute taster ‘diet checks’ or consultations with a nutritionist.
- **Nutrition Advice on Company Intranet Sites** (such as the latest news and research on nutrition and health, and tips on issues such as weight management, controlling blood pressure, increasing energy). This can include answers to employee-posted questions on nutrition-related issues.

## Change

- **‘Reinvent’ Workshops.** Diet and lifestyle overhauls. These can be delivered either as a seminar or one-to-one nutrition coaching to encourage long-term changes to health.

## Stress Prevention

The following packages can either be delivered as **lunchtime group seminars** or can be tailored as bespoke **packages for individual employees/managers** with one of our expert nutritionists working one-to-one.

- ***Stress-Proof Yourself Using Diet, Supplements and Lifestyle Changes.*** This package will cover the importance of blood sugar control to preventing the worst effects of stress and how to improve stress hormone balance. The recommended approach has the additional benefit of increasing energy, mood and cognitive functioning/performance.

As a tailored individual package, this can include a *Comprehensive Adrenal Stress Profile* test, which measures an individual’s stress hormones: cortisol and DHEA, and shows precisely which part of the stress cycle they are in. It allows a personalised diet, supplement and lifestyle change protocol to improve stress hormone balance and improve stress resilience.

- ***Digestion and Stress.*** This will look at how stress affects the digestion and ways to improve the symptoms of gut problems, like irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) such as Crohn’s disease and ulcerative colitis, through dietary change and supplements.

As a tailored individual package, this can include an *IBStatus* test, which identifies underlying causes for gut problems, and allows a personalised diet and supplement protocol to resolve symptoms.

## Improving Performance

- **Food Consultancy Service: Improving Staff Canteen Services.** This package includes a nutritional audit of your corporate canteen’s offerings, with suggestions on how menus can be improved to optimise employees’ health and wellbeing.

The lunchtime meal determines how employees will work and perform during the afternoon. Over a longer timescale, canteen offerings can influence key health indicators such as brain function, mood, energy, weight, blood pressure, disease risk and overall health and productivity. Providing healthy eating options can positively affect all of these.

- **One-to-One Coaching** – ‘diet MOTs’, followed by tailored packages for individual employees or managers with one of our expert nutritionists working alongside members of staff on any of the topics listed above or any other health issue influenced by nutrition.

This one-to-one nutrition coaching is particularly suited to busy executives who want to make the most of their performance using nutritional approaches (dietary change, functional health testing, and supplements).

- **General Support for Occupational Health and Return-to-Work Nutritionist Intervention for Staff on Sick Leave.** This includes individual packages tailored to the needs of the person concerned and entails advice on dietary recommendations, diagnostic tests, supplements and behavioural change to ameliorate a range of health conditions which have resulted in sick leave. These include:

- anxiety
- arthritis and joint problems
- circulatory disease
- chronic and severe stress
- chronic fatigue syndrome
- depression
- diabetes
- food sensitivity and intolerance resulting in a range of health conditions
- gastrointestinal problems
- headache and migraine
- heart disease
- hormonal imbalance (female and male), including PMS and menopausal problems
- lowered immunity and repeat infections
- mood disorders
- problems affecting the nervous system
- respiratory disease
- skin problems

and many other conditions which are influenced by nutrition and individual biochemical imbalance.

- **Specialised Services to Schools and Local Education Authorities**

The OrganisationHealth team of nutritionists includes a practitioner specialised in children's behaviour problems – from autism and ADHD down through the spectrum of problematic/disruptive behaviour and learning problems.

She provides specialised school-based nutrition packages, working with affected children, parents and teachers. These include interactive workshops for parents (covering key topics such as blood sugar control and food allergen elimination), and include lots of practical resources for parents, including alternative menu plans and recipes. The workshops are followed by one-to-ones for parents to provide closer support and encouragement on recommended dietary changes and supplement use (such as probiotics). Skyped follow-ups are provided for parents.

Nutritional intervention with these children can transform behaviour and ability to learn (and so considerably improve what would otherwise be significantly impaired life chances).

January 2010.