

**alextalksdiet**

Alex is a UK based dietitian working both in the NHS and privately. She is registered with the British Dietetic Association and the Health & Care Professions Council.

She offers 1:1 consultations to provide individualised, patient-centred dietary advice.

Alex is passionate about using the science behind nutrition to help individuals achieve personal goals and live a healthier, happier life.



**Pre-conception nutrition**

**PCOS**

**Weight loss**

**Weight gain**

**Type 2 diabetes**

**Pre-diabetes**

**High cholesterol**

**Blood pressure**

**Nutritional deficiencies**

**IBS**

**Constipation**

**Diverticular disease**

**Acid reflux**

**Celiac disease**

## Pricing

Alex is happy to discuss your goals via email or telephone contact before making bookings. To set up a call, please email Alex with your preferred contact details.

**£70** for an **initial consultation** of up to 60 minutes

**£35** for a **review consultation** of up to 30 minutes

**£140 bundle deal** for an initial consultation plus 3 review consultations (ideal for weight loss)



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Instagram: [@alextalksdiet](https://www.instagram.com/alextalksdiet)

Facebook: [alextalksdiet](https://www.facebook.com/alextalksdiet)



*“Lifestyle changes can be a helping hand towards better health and fertility”*