



Post-Covid Syndrome / Long Covid

Since the beginning of the covid19 pandemic many people have been infected with the virus, and many suffer with ongoing symptomatic Covid19 or post-covid19 syndrome. The symptoms can change unpredictably, affecting people in different ways at different times.

As a Dietitian I can help my clients manage their symptoms and improve their conditions.

I provide nutritional therapy and dietary guidance to help with

- Fatigue
- Supporting your immune system
- Dealing with taste and smell problems
- Dealing with swallowing problems
- Digestive problems
- Strengthening your lungs
- Building up muscle mass
- General symptom relief

Let me help you get your health back!