



Nutritional Herbal Therapy

Nutritional herbal therapy uses food as medicine, as a preventative to developing unhealthy conditions and symptoms.

By understanding the foods we need to eat for staying active, healthy and beautiful within we can know how to stay healthy longer and experience a more youthful life.

Using diet and at first some supplementation together we can balance any unhealthy patterns that may have developed in our lives.

Nutritional herbal therapy makes use of the very best nutrients like fish or flax oils, the vitamins and minerals, and amino acids that helps us to build the essential components of functioning.

At Prime Health we encourage good dietary practice and where necessary supplementation.