



“I just wanted to properly thank you for all your help over the last few months. Your knowledge, guidance and support has literally been life-changing for me.”

Testimonial

Meet our Training Provider: Rachel Rowling

(Nutritionist Nutr | PG Cert | MBSLM)

Rachel is a qualified nutritionist, health writer and scientist, specialising in biochemistry, nutritional medicine, and clinical practice.

In 2007 Rachel gained her first nutrition qualification, as well as becoming a fitness instructor and yoga teacher. More recently she gained a Master’s level qualification in biochemistry, nutrition and lifestyle medicine, and clinical practice.

With a particular interest in mid-life health conditions for men and women, Rachel is vastly experienced in the study of how symptoms and outcomes respond significantly to nutrition and lifestyle interventions. In Rachel’s words: “The combination of nutrition, lifestyle and medicine is extremely powerful and can be the difference between living well or not.”

Find out more about Rachel:

🌐 www.rowlingnutrition.co.uk

📷 @rachelrowlingnutrition

📞 @rachelrowling1

**WH
TRAINING**