



NUTRITION & NATUROPATHY PACKAGES & NLP

With ARDERE's expert leading team
of Nutritional Therapists, Naturopaths
and NLP Practitioners



AS FEATURED IN





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THE CLINIC

ARDERE's team of Nutritional Therapists & Naturopaths are dedicated to helping you achieve your goals to leading a healthier life.

HOW ARDERE IS UNIQUE

ARDERE understands that those seeking health and nutrition guidance can find it difficult to know what advice to follow in what seems to be a very saturated and confusing wellness landscape.

This is why ARDERE's Nutrition and Naturopathy Clinic offers an **evidence-based** and **tailored** approach to providing wellness and nutrition advice from our team of **leading qualified experts**, supporting you on your journey back to health.

IN-PERSON & ONLINE

Consultations can be carried out in clinic in central London, England or from the comfort of your own home via video calls on Skype or Zoom.

PHILOSOPHY

"We take a holistic approach always. It is not about managing the symptom but instead getting to the root cause so that your symptoms stop occurring altogether"

CLINIC BACK STORY

The ARDERE clinic was founded following co-founder, Lauren Windas's diagnosis in 2012 with Myalgic Encephalomyelitis (more commonly referred to as M.E. or Chronic Fatigue Syndrome) as well as IBS.

Lauren was determined to treat herself as naturally as possible, and discovered that by making specific dietary and lifestyle changes, she was able to alleviate her symptoms and regain her health.

Following her experience, Lauren trained as a Nutritional Therapist, Naturopath & NLP Practitioner. Gaining a wealth of clinical experience and helping countless clients regain back their health she went onto launch ARDERE, one of the leading Nutrition & Naturopathy wellbeing clinics.

"I can relate. I know how it feels to have poor health and nowhere to turn for answers. I have experienced first-hand the power of nutritional and lifestyle interventions in recovering my own health and have also seen incredible results with clients" - Lauren Windas



QUALIFICATIONS

We vet our team extremely carefully to ensure they have the right esteemed qualifications as well as extensive clinical experience to handle complex health cases.

Please see some of the qualifications our team members hold below.

Nutritional Therapists

BANT registered Nutritional Therapists and members of the CNHC (Complementary Natural Health Care Council). We also have Nutritional Therapists qualified with AfN.

Naturopaths

Trained with the College of Naturopathic Medicine (CNM)

Master Practitioners in Eating Disorders & Obesity

Trained with the National Centre for Eating Disorders, approved by the BPS (British Psychological Society).

NLP Practitioners

Qualified with the institute accredited by the ANLP, the leading NLP organisation in the UK.





SPECIALITIES

At ARDERE we can help you with...



ENERGY LEVELS AND
CHRONIC FATIGUE
SYNDROME



DIGESTIVE HEALTH &
MICROBIOME ANALYSIS



DISORDERED EATING



WEIGHT LOSS & WEIGHT
MANAGEMENT



SKIN HEALTH



AUTOIMMUNE
CONDITIONS

Whilst the above lists our specialisms, other health concerns are also within our clinic remit. Our specialists have helped people with everything from sports nutrition to hormonal health to those with thyroid issues and everything inbetween.

If your health concern is not listed above do not hesitate to contact us.



NUTRITION & NATUROPATHY PACKAGES

At ARDERE we offer two bespoke programmes.

01 — INTRODUCTORY PACKAGE: TRANSFORM YOUR NUTRITION

- Initial 1 Hour Consultation
- 45 Minute Follow-up Consultation
- Includes personalised health assessment report and nutritional advice as well as supplement and laboratory recommendations (if necessary).

02 — RESET YOUR HEALTH: 3 MONTH PROGRAMME

- Initial 1 Hour Consultation
- 2 follow-up consultations at 6 and 12 weeks into the plan (45-minutes each)
- 3 support consultations via online video or telephone, spread across the program (30 minutes each)
- Personalised nutrition and lifestyle plan to follow for 12 weeks. Includes meal suggestions based on your dietary requirements and recommendations on functional testing where needed
- Ongoing email support throughout the 12-week plan



03 — FOLLOW-UP CONSULTATIONS

Should you wish for additional consultations following any of the packages above, you can book either of the below. These provide check-ins to see how you are responding to your dietary plans and protocols and whether any further dietary, supplemental or testing reassessments need to be made.

- 30 Minute Consultation
- 45 Minute Consultation
- 60 Minute Consultation

These programmes can run either **online via video calls** or **in-person** in Lauren's London clinic should you wish.

*30 & 45 minute follow-up consultations would run via video-calls.



FUNCTIONAL LABORATORY TESTING

If we feel testing is necessary following your initial consultation, we will recommend the one that will provide the best insight towards your on-going symptoms and that will best help us best determine the most suitable course of action for achieving your health goals. We offer everything from hormonal profiles, microbiome and stool analysis to toxicity testing and more **to identify key biomarkers, root causes and drivers that are contributing to your symptoms, guiding bespoke supplemental recovery protocols.** **You do not need to come into the clinic for testing, we work with labs all over the world and tests can be carried out in your own home.*

TYPES OF TESTS



STOOL & MICROBIOME
ANALYSIS



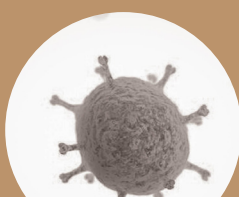
HORMONAL HEALTH



GENETIC TESTING



NUTRITIONAL STATUS



LATENT VIRUS



TOXICITY

**FOR THE FULL
LIST OF TESTS
AND BREAKDOWN**

... along with prices email
info@ardere.com and ask
to see our 'Functional
Testing Brochure'.



WHAT IS NLP?

*A form of therapy to help you achieve your health, life
and overarching wellness goals*

WHAT IS NLP

NLP Stands for Neuro-linguistic Programming and is widely recognised in the fields of Psychotherapy, Medicine, Business and Sport. NLP uses perceptual, behavioral, and communication techniques to make it easier for people to change their thoughts and actions. It is about exploring our language and thinking and how we use techniques to train our brain into seeing things in a new light, which can have a positive result in terms of our actions, mental health as well as even our physiology.

WHAT IS NLP USED FOR?

In terms of health concerns NLP is used to support people with:

- Anxiety
- Phobias
- Depression
- Disordered Eating
- Weight Loss
- Confidence
- M.E./Chronic Fatigue Syndrome & other chronic illnesses
- Plus much more

Whatever you want to improve or overcome, NLP is a advantageous therapy to help you towards reaching your overall goals, whether this be regarding your health or personal life goals.

Our team of NLP practitioners implement techniques such as...

- **Anchoring:** Turning sensory experiences into triggers for certain emotional states.
- **Swish pattern:** Changing undesirable patterns of behaviour or thought to come to a desired outcome.
- **Visual/kinesthetic dissociation (VKD):** Removing negative thoughts and feelings associated with a past event.
- **STOP Technique**
- **EFT**

DOES NLP WORK?

Yes, NLP does work, but this is just as much about you and your cooperation in the process. We help guide and train you so that you have the tools to use NLP whenever and wherever. But you have to be active in practising and putting in the work when you're out of sessions too. It is with determination and reinforcing those positive neural pathways that you will begin to cement and see those desired outcomes into fruition.





NLP MINDSET COACHING PACKAGES

To help you achieve your health and life goals

1:1 NLP SESSIONS: INTRO PACKAGE

When initially working together, this would be booked as a package of three 1 hour sessions so that our NLP practitioner and yourself can delve deep into your work together and make real progress on achieving your goals.

1:1 NLP SESSIONS: FOLLOW-UPS

Following your 3 sessions, additional 1 hour sessions can be booked on should you wish, or you can continue to book in packages of 3 as above to make a saving.

NLP GROUP MINDSET COACHING FOR M.E / CFS

We offer an 18-week online video group coaching programme offering psychological support specifically for those dealing with chronic fatigue-related conditions such as M.E/CFS, Fibromyalgia, Lyme Disease and Burnout.

It consists of 1 fortnightly group video calls (9 calls total over 18 weeks). To find out more about this programme structure and what it includes email info@ardere.com

To book email info@ardere.com



TESTIMONIALS

"I first came to see ARDERE as a result of battling low energy levels and IBS. I learned so much as a result of our sessions together to take action with my health and wellbeing, and my health has never been better! Thank you ARDERE"

David, 37 (Nutrition & Naturopathy Client)

After being stuck taking Omeprazole for years for indigestion and also suffering muscle fatigue after workouts, I saw Lauren to help me tackle the underlying digestive health issues that could be triggering my symptoms. Lauren quickly identified some basic changes to my diet that gave me immediate benefits managing to cut down on the Omeprazole and also feel normal again after workouts. She also recommended a specific test that would then tell me what further treatment may be needed to reset my gut health. My test came back allowing Lauren to then recommend a plan. I am about to start this plan and am confident if I stick to the course, I will be off medication finally. This is a welcome relief after being told by gastroenterologists that medication was my only realistic treatment. Thank you, Lauren.

Luke, 44 (Nutrition & Naturopathy Client)

"I have been living with M.E for several years, and have been aware of ARDERE's multidisciplinary approach to recovery for some time. Their pioneering M.E Mindset Group Coaching Course is unique, insightful, encouraging, informative and inspirational for everyone who is looking to go on that journey to recovery. We explored issues such as positive thinking, mindsets, neurolinguistic programming, journaling and freedom tapping. The course is hugely beneficial not only on a personal level, but also on a group level too as a safe place where people can share and learn from others with M.E."

Steve H (NLP CFS Coaching Course Client)

"After suffering with post-viral fatigue, I had been endlessly searching for answers as to what was going on in my body. My GP unfortunately couldn't help me and after searching online I found ARDERE. I worked with Lauren and I am so thankful I found her. She explained what she thought was going on in terms of my health and after doing some functional testing we were able to pin point the root cause. Since then, I embarked on a diet and lifestyle plan and have managed to get my health back on track, I am forever grateful."

Jenny, 33 (Nutrition & Naturopathy Client)

"I have had bulimia for most of my life and always been quite food phobic. I was referred to ARDERE's eating disorder specialist and worked with her across 3 months to tackle my relationship with food. We worked on mindset strategies and she managed to help uncover what caused this behaviour. I no longer have the same anxiety I had around food nor have I binged or purged. It's the first time in my life I really feel like I have overcome my battle with bulimia."

Helen, 39 (Nutrition & Naturopathy Client)



BOOK A CONSULTATION

*Contact info@ardere.com to enquire about pricing,
booking a package or for a complimentary discovery call*

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