

Optimum Weight Management Testimonials

"I have discovered a whole new way of enjoying good, healthy foods since my Food Therapy consultations. My previous misconceptions about eating well have been totally re-evaluated, and I now find my food choices and preparation methods are much more exciting, nutritious and delicious! I do not consider myself to be 'on a diet' which may end at some point, but now eat wholesome, natural and organic foods including olive oil, nuts and natural full fat yoghurt - all with Melissa's blessing" **MRS AR, LONDON**

"I would not hesitate to recommend a Food Therapy consultation and Optimum Weight Management programme for anyone who has either lost their way with diets, or who may need a re-boot to literally give them a new lease of life! Melissa is very knowledgeable in the world of nutrition and makes healthy eating fun and also provides great nutritious recipes. I am never hungry or bored - which is a first. She caters to individual needs and is very encouraging and makes you feel great." **MISS LC, SURREY**

"Just had to tell you about the most exciting visit I have ever had to Waitrose. Had to stop off en route home. Even the guy on the till said he had never seen foods of the kind I was buying. I feel totally inspired thanks to you - you did an amazing job. I even had the silken tofu. I am genuinely excited in a way that last Saturday I would have found hysterical and even a little bit sad. I cannot thank you enough - I am really, really determined. Three inches off waist, two off bust and two off hips. A great kick-start. Thank you so much. You did a great job" **MISS DF, HAMPSHIRE**

"I have dealt with nutritionists in the past to try and solve my problem but I have never met anyone who comes close to having the knowledge and expertise that you have regarding nutrition. Have a lovely Christmas and speak to you in the new year." **MR TL, LONDON**

