

Join registered Nutritional Therapist, Sophie Higgins, on Friday 27th June from 2:30pm at Tide Therapies for a very special in-person drop-in clinic – and what's more...it's absolutely FREE!

There are only 4 slots available - so if you've been thinking about working with a nutritional therapist or wondered what this process actually looks like/involves, then this is for YOU!

This is also a great opportunity for you to bring along 1-2 questions you have about your current health or health goals and to receive some simple and personalised guidance and tips to support you in achieving your health visions.

The session will also give you a brilliant insight and a snapshot into what it is like working with a nutritional therapist and what the process and journey entails. So if this is something you have been thinking about and pondering, there will be plenty of time to explore this too.

There are 4 x 20-minute slots available and they're going to get snapped up quickly – so get your questions ready, dig out your notebook and pen, and head over to the link below to book your slot! Sophie qualified from the College of Naturopathic Medicine in 2016 after a corporate career in London left her burnt-out, exhausted, and battling multiple health issues. Sophie is now on a mission to help as many people as possible experiencing similar issues, FEEL GREAT AGAIN! Sophie's specialisms include burnout; chronic health issues including CFS, fibromyalgia, MCAS, mould-related illness; hormone dysregulation; and digestive issues. Sophie has contributed to and written for a number of publications and has recently been featured on ITV Meridian News.