

# Hi,

I'm Simon (Simon Clist DipCNM, mANP, mGNC), owner of ProPlants Nutrition and as a former professional sportsman, I've always prioritised health and understood the vital role nutrition plays in creating the healthiest version of ourselves.



At ProPlants Nutrition, I offer:

- Personalised 1:1 diet and lifestyle plans to equip you with the knowledge and tools to support your journey toward optimal health.

I've worked with clients to address many common issues including:

- Hormonal health
- Digestive health
- Skin complaints
- Low energy levels
- Immune support
- Weight management
- Sports performance

Whether you're looking to deepen your understanding of nutrition or need tailored advice for your unique needs, I'm here to help.

## WHY PLANTS?

Over a decade ago, I made the switch to a whole-food, plant-based diet, inspired by the overwhelming evidence supporting the benefits of a plant-predominant lifestyle. Diets focused primarily on whole plant foods are associated with lower cholesterol levels, reduced risk of type 2 diabetes, a healthier weight and a higher intake of cancer-fighting compounds.

Like many, I initially had questions—"Where will I get my protein?" That curiosity led me to dive deep into the science of nutrition, where I discovered how transformative this way of eating can be for both body and mind. Not only did I find nothing was lacking, but I began thriving!

A few years later, my passion for sharing this life-changing knowledge inspired me to become a qualified nutritional therapist. ProPlants Nutrition was born out of my commitment to guiding people toward healthier, more vibrant lives. Shifting towards a more plant-predominant way of eating is a transformation, which should be well planned and sustainable, that's why today I specialise in helping others embrace the power of adding more plants to their plates.

Consultations are available face-to-face in Exmouth or online — whichever works best for you.



[www.proplantsnutrition.co.uk](http://www.proplantsnutrition.co.uk)



Contact me at  
[proplantsnutrition@outlook.com](mailto:proplantsnutrition@outlook.com)  
to learn more and take the first  
step toward a healthier, more  
vibrant you!