

Online Naturopathic Nutrition Package

Take a deeper, root-cause approach to your health with this comprehensive naturopathic package, designed to provide the time, support, and personalised guidance needed to create lasting change.

Your package includes:

- A comprehensive naturopathic consultation and health review
- A personalised written nutrition and lifestyle protocol
- Two follow-up consultations to review progress, refine recommendations, and support implementation

When booked as a package, you will save £50.00 compared to individual appointments. Your package remains valid for six months from the date of purchase, giving you time to implement changes and receive ongoing support.

Recommended Additional Support

For clients focusing on digestive or hormonal health, I also recommend complementing your programme with the Greenwich Spa Colonic Hydrotherapy Three-Session Package. Colonic Hydrotherapy can support healthy elimination, digestive wellbeing, and the body's natural cleansing processes.

As a special bonus, quote LAURA20 when booking with The Greenwich Spa to receive:

- 20% off all Massages and Holistic Treatments, including Lymphatic Massage and Presso Therapy.
- An additional £10.00 off the 3-session Colonic Hydrotherapy Package when you book a course of three Colon Hydrotherapy treatments.

Simply mention LAURA20 at the time of booking to claim your discount.

To book, call 020 8858 6028.

Please note: This offer is only valid in conjunction with the purchase of either an Online Naturopathic Nutrition Package with Laura Shipp ND or one of her Blended Breakthrough Packages.

Together, these services provide a powerful foundation for restoring digestive health, supporting hormone balance, improving energy, and enhancing overall wellbeing.

Premium Gut Health Breakthrough Package

If you have been struggling with bloating, IBS, digestive discomfort, food sensitivities, constipation, diarrhoea, fatigue, or simply feel that your gut health is holding you back, this comprehensive package is designed to help you uncover the root causes and create a clear path towards better digestive health and wellbeing.

Using a unique blend of naturopathy, kinesiology, and mind-body approaches, we work with the understanding that digestive health is influenced not only by what you eat, but also by your nervous system, lifestyle, stress levels, and emotional wellbeing.

What's Included

2.5-Hour In-Person Breakthrough Session

Your initial session includes:

Comprehensive Naturopathic Assessment

A detailed exploration of your health history, digestive symptoms, lifestyle, nutrition, and health goals to identify the factors that may be contributing to your symptoms.

Kinesiology Digestive Assessment

Including digestive balancing and/or assessment and correction of the Ileocecal Valve (ICV), an important junction between the small and large intestine that can sometimes contribute to digestive dysfunction when not functioning optimally.

HypnoIBS® or Targeted Health Coaching

Depending on your needs, we will either use evidence-informed gut-directed hypnotherapy techniques to support gut-brain communication or focused coaching to identify and address lifestyle, behavioural, and emotional factors affecting your digestive health.

Personalised Written Protocol

Following your appointment, you will receive a comprehensive written protocol combining insights from all aspects of your assessment. This will include personalised nutrition, lifestyle, supplement, hydrotherapy, and self-care recommendations designed specifically for you.

30-Minute Online Review

A follow-up online appointment to discuss your protocol, answer questions, and ensure you feel confident implementing your recommendations.

Two Further Online Follow-Up Consultations

These sessions allow us to monitor progress, review symptoms, make any necessary adjustments, and provide extensive updates to your protocol as your health evolves.

Package Saving

When booked as a package, you will save £50.00 compared to individual appointments. Your package remains valid for six months from the date of purchase, giving you time to implement changes and receive ongoing support.

Recommended Additional Support

For clients experiencing significant digestive symptoms, this package is recommended alongside the Greenwich Spa's three-session colonic hydrotherapy package.

Colonic hydrotherapy may help support bowel regularity, reduce feelings of bloating and sluggishness, encourage healthy elimination, and provide an opportunity to reset digestive habits whilst implementing your personalised programme.

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Benefits of Healing Your Gut

Improving digestive health can have far-reaching effects throughout the body. Clients often report improvements in:

- Bloating and digestive discomfort
- IBS symptoms
- Food sensitivities
- Energy levels and vitality
- Brain fog and mental clarity
- Mood and emotional wellbeing
- Immune function
- Skin health
- Hormonal balance
- Sleep quality
- Nutrient absorption

Most importantly, better gut health often creates a stronger foundation for overall wellbeing. When digestion is functioning well, the body is better able to absorb nutrients, regulate inflammation, maintain healthy energy levels, and support the natural healing processes that underpin long-term health.

This package is designed to provide the time, depth, and personalised support needed to move beyond symptom management and begin addressing the underlying factors influencing your digestive health.

Premium Women's Hormonal Health & Cleanse Package

Whether you are navigating PMS, perimenopause, menopause, irregular cycles, hormonal imbalances, fatigue, weight changes, mood fluctuations, or simply feel that your body is no longer functioning as it once did, this comprehensive package is designed to help you understand and address the root causes of hormonal imbalance.

Using a unique blend of naturopathy, kinesiology, and mind-body approaches, we recognise that hormonal health is influenced by far more than reproductive hormones alone. Digestive health, liver function, stress, emotional wellbeing, blood sugar balance, and lifestyle all play a vital role in how women experience their hormones.

What's Included

2.5-Hour In-Person Breakthrough Session

Your initial session includes:

Comprehensive Naturopathic Assessment

A detailed exploration of your health history, hormonal symptoms, nutrition, lifestyle, stress levels, and wellbeing goals to identify the key factors influencing your hormonal health.

Kinesiology Hormone & Endocrine Balancing

Assessment and balancing of the endocrine system, exploring how communication between the brain, adrenal glands, thyroid, ovaries, and other hormonal pathways may be influencing your symptoms.

HypnoMenopause® or Targeted Health Coaching

Depending on your needs, we will use either menopause-focused hypnotherapy techniques or personalised coaching to support emotional wellbeing, stress resilience, behavioural change, and nervous system regulation.

Personalised Written Protocol

Following your appointment, you will receive a comprehensive written protocol integrating findings from your naturopathic assessment, kinesiology session, and coaching work. This may include nutrition, lifestyle, hydrotherapy, supplementation, liver support, stress management, and self-care recommendations tailored specifically to your needs.

30-Minute Online Review

A follow-up online appointment to review your protocol, answer questions, and ensure you feel confident implementing your recommendations.

Two Further Online Follow-Up Consultations

These sessions allow us to monitor progress, assess changes in symptoms, and provide extensive updates to your protocol as your body responds and your needs evolve.

Package Saving

When booked as a package, you will save £50.00 compared to individual appointments. Your package remains valid for six months from the date of purchase, giving you time to implement changes and receive ongoing support.

Recommended Additional Support

For women undertaking a cleanse or wishing to optimise digestive and hormonal health, this package is recommended alongside the Greenwich Spa's three-session colonic hydrotherapy package.

Supporting healthy elimination is an important part of naturopathic care. Efficient bowel function helps the body process and eliminate metabolic waste products, including hormones that have been broken down by the liver.

As a special bonus, quote LAURA20 when booking with The Greenwich Spa to receive:

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Benefits of Hormonal Balancing, Liver Health & Cleansing

The liver plays a central role in hormone metabolism. Once hormones such as oestrogen have been used by the body, they must be processed and prepared for elimination. When digestion, elimination, or liver function are not working optimally, hormonal symptoms may become more pronounced.

Supporting the body's natural detoxification and elimination pathways may help improve:

- PMS and menstrual symptoms
- Perimenopause and menopause symptoms
- Mood and emotional wellbeing
- Energy levels and vitality
- Bloating and digestive discomfort
- Skin health
- Sleep quality
- Weight management
- Mental clarity and focus
- Stress resilience
- Hormonal balance and cycle regularity

Most importantly, this package focuses on creating the foundations for long-term hormonal wellbeing. By supporting digestion, liver function, blood sugar balance, nervous system regulation, and healthy elimination, we work with the body's natural processes to restore balance and vitality.

This package provides the time, depth, and personalised support needed to move beyond symptom management and develop a sustainable approach to women's health at every stage of life.

Other packages are available in partnership with the Greenwich Spa. Book a complimentary call with Laura to discuss and quote GREENWICHSPA20 upon booking.

