

# GiCa Nutrition

Nutritional therapy

Workplace/Corporate  
Wellness

Employee  
Nutritional Consultations



GiCa Nutrition Ltd.

Registered in Scotland SC719788. We are fully insured, qualified and registered members of the British Association for Nutrition and Lifestyle Medicine and the Complementary and Natural Healthcare Council

In an era in which nutrition information and misinformation is everywhere, discerning reliable sources is challenging. At GiCa Nutrition, we use evidence-based practices to offer holistic, personalised nutritional and lifestyle strategies.

As public awareness of the importance of preventative healthcare and workplace wellness grows and the challenges facing the NHS increase, individuals and businesses are taking greater responsibility for their well-being. We specialise in comprehensive wellness and nutrition services for implementation in corporate environments, empowering employees to achieve optimal health and productivity.



# About GiCa

Supporting businesses and their employees with holistic nutrition and lifestyle advice. Delivered to employers in variety of mediums such as seminars, webinars, workshops, newsletters and more.

Supporting businesses' employee health and productivity goals by employing the latest research to deliver easily accessible practical content on supportive nutrition and lifestyle changes .

Optimising digestive health and hormone balance of employees , helping with a wide range of issues such as IBS, thyroid issues, stress, anxiety, fatigue, low immunity, arthritis, PCOS and menopause symptoms. All of these can be debilitating and profoundly impact an individual's wellbeing and ability to work.

## HEALTH & WELL-BEING

Good nutrition extends far beyond just providing sustenance and calories. It is also essential for supporting cognitive function, bolstering the immune system, and balancing hormones. It can help alleviate stress and anxiety, and promote sleep quality contributing to health and mental wellness.

*We can achieve a healthier and more vital life by providing our bodies with the best possible nutrition.*

## WHOLE FOODS

At GiCa, we are committed to re-establishing our bond with real, whole foods for optimal health. By guiding clients towards an appropriate diet we empower them to make choices that support overall well-being.

*Let's return to the nourishing power of natural, minimally processed foods, promoting balance in our eating habits.*

## ECO-SUSTAINABILITY

At GiCa, we are committed to promoting environmental and sustainable nutrition. Our nutritional protocols are carefully designed to minimize the detrimental effects of the food system on climate change and the natural ecosystem.

*We promote sustainability to help ensure a healthy planet for future generations through the consumption of nutritious food in harmony with nature and the environment.*

## CORPORATE AND WORKPLACE WELLNESS

### **Corporate wellness support packages:**

We offer seminars / webinars / workshops on topics such as: Boosting immunity, Enhancing energy, the pros and cons of ultra processed foods, the link between mental health and food choices, Environmentally friendly nutrition, the vital role of sleep in health and productivity, and many more.

We also offer packages which include some or all of the above, as well as extras such as newsletters, infographics, and themed question-and-answer sessions. These can be discussed on request, and a suitable bespoke program agreed upon creating awareness around healthy nutrition and lifestyle for all your team

### **Health MOT:**

Why not provide your employees with a life-enhancing benefit such as a discounted one-to-one consultation or a Health MOT

Contact us at [info@gicanutrition.co.uk](mailto:info@gicanutrition.co.uk) to discuss a corporate wellness Package or Subscription tailored to your needs

# EMPLOYEE ONE-TO-ONE CONSULTATIONS

## **Individualised approach:**

We always consider your unique needs, preferences, goals and health conditions

## **Customised plans:**

Based on a nutritional and lifestyle assessment, including your current eating habits, lifestyle, medical history, sleeping and exercise routines, we create personalised nutritional plans that align with your health goals. Our plans emphasise balanced whole-food (tasty!) nutrition, address nutritional insufficiencies and deficiencies, and promote overall well-being. We focus on inclusion not exclusion of foods where possible

## **Sustainable eating:**

We guide clients towards sustainable food choices which have a positive impact both on their health and on the environment

## **Stamina, Recovery and Longevity:**

Our nutritional strategies are designed to increase energy, hasten recovery from illness and surgery, prevent or mitigate the symptoms of chronic diseases, and optimise healthy ageing

## **Anti-inflammatory and Antioxidant Foods:**

We recommend foods rich in antioxidants and other important components. These can help to lower inflammation and counteract oxidative stress caused by lifestyle habits, stress, medical conditions, and use of medications, as well as environmental factors



# Our Personal Journeys

**Gill** was a full-time partner with a large commercial law firm operating in a highly stressful, 24/7 environment. This gave her insight as to how easy it is to compromise your health and forget your body's basic needs. She suffered from frequent colds, lack of sleep, poor diet and gastrointestinal issues. Applying the knowledge subsequently learned has allowed her to address these symptoms and optimise her own health. Now she is keen to try to help others experience a lifelong transformation in their wellbeing by making better nutrition and lifestyle choices.

**Cate**, a former vet, moved to Edinburgh where she conducted research and earned her PhD in Veterinary Science. Due to a combination of work/family life balance, personal health issues and a long-lasting interest in medicine and research, she turned to studying nutritional therapy as a therapeutic tool to optimise health and wellbeing. She believes that a holistic approach to restoring natural whole-body balance can positively impact both present and long-term health and well-being. She is passionate about helping people of all ages through the benefits of Nutritional Therapy and lifestyle changes.

# Get in touch

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### Website:

<https://www.gicanutrition.co.uk>

**Email:** [info@gicanutrition.co.uk](mailto:info@gicanutrition.co.uk)

**Locations:** Online

consultations/talks/webinars in English and Italian. In-person talks, workshops, and seminars across the UK.