

Meet Clemence

Our new Nutritionist in the Studio



Clemence Cleave is a registered nutritionist specialising in women's health, weight management, disordered eating behaviours, gut health and behavioural changes. Her mission is to enable people find their optimal diet based on their specific needs and lifestyle, with a holistic approach to overall wellbeing (physical and mental).

When she is not coaching individuals, she writes books on nutrition (*28 days to Gut Health; 28 Days to Intermittent Fasting*), runs wellbeing workshops and weight management group programmes.

She is also a trained chef and a visiting lecturer in nutrition science at the University of Roehampton in Nutrition.

Clemence will be working on Wednesdays, 9am – 12pm

Please call the Studio on 020 8480 4242 or book online for an appointment

www.tullochclinicandbeautystudio.co.uk

