



## NUTRITIONAL MATTERS



Angela Emmerton is a **'Clinical Nutritionist'** and Founder of 'Nutritional Matters'.

She has a Bachelor of Health Science in Nutritional Medicine, is a wellness advocate, educator, trusted advisor and proud Ambassador for ***That Sugar Film***.

Angela has spent **over 10 years studying all things nutrition** and combined this with studies in **social sciences and counselling**.

She works in private practice at McMahon's Point and in Sydney's CBD, **helping people solve their health problems, so they can feel the best they can be.**

Angela treats a variety of conditions and symptoms including; excess weight, hormonal imbalances, fatigue, poor sleep, stress, digestive issues, food intolerances, diabetes, cardiovascular disease, thyroid dysfunction and of course helping people crack their sugar addiction.

**Her practice is under-pinned by the latest evidence-based nutritional medicine,** following scientific research on nutrition, nutrients and positive lifestyle practices.

However, having spent **over 20 years in the corporate working world** Angela understands the effect modern day life has on a person's health. And therefore her approach is all about **'keeping it real'** and her recommendations are informed by reality and practical for everyday busy people.

**And because no two DNAs are the same, Angela ensures your nutritional requirements are tailored to your unique needs.**



Angela is continually called upon to provide her expertise in this field of nutritional medicine for a variety of health, lifestyle and business magazines. During 2016 she was selected as the nutritionist for **Todd Sampson**, as part of his preparation for the six part TV series '*Bodyhack*'.

Angela is also an advisory team member for '**SugarByhalf**', a not-for-profit organisation who aim to reduce Australia's sugar consumption and help combat childhood obesity and chronic disease.

In addition, Angela **facilitates movie screenings of 'That Sugar Film' and discussions**, for business groups, workplaces and communities, providing educational tools and techniques for people to make informed choices to benefit their own health.

**Her mission is to transform peoples lives** so they go on to lead a productive and balanced healthy lifestyle.

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