

# Angela perfects fine balancing act

Top North West nutritional therapist Angela Bailey has started using the latest technology to pinpoint a patient's energy imbalances and build an accurate picture of nutritional health.

Angela, one of only a handful of nutritional therapists using the machine in the North West, measures electrical conductivity at acupuncture points on the hands and feet. The results, known as bioelectrical impedance measurements, can indicate stress or inflammation in the body. A lack of nutrients could be to blame for these energy imbalances.

“The Vantage machine brings together the latest in new technology and enables a nutritional therapist to draw up a detailed picture of the whole body in just one test,” says Angela, who is based at Cheshire Natural Health in Warrington.

“It's important to get a complete overview as the body's systems do not work in isolation. I can then treat a patient holistically which greatly improves nutritional success rate.

After measuring a patient's electrical conductivity, the software produces an easy to read chart recording results for each of the 14 body systems. Depending on the patient's health, results can indicate degrees of imbalances, such as stress, inflammation, weakness or regeneration.

“Of course the beauty of the machine is how a nutritional therapist uses the results,” says Angela, who has been practising for eight years. “The results will be used to fine tune a patient's diet and supplement programme, often without the need for expensive and time consuming lab tests.” The Vantage test takes just 20 minutes.

Angela could, for example, detect imbalances in the cardiovascular or hormone system. As these imbalances often arise from the lack of necessary nutrients, an improvement in diet and lifestyle can be part of the solution.

Angela who trained at the well known, Institute for Optimum Nutrition founded by Patrick Holford, stresses that nutritional therapists do not diagnose a specific illness – that is the role of a doctor. If Angela was concerned about an alarming reading for one of the tests, she would refer her patient to a doctor.

Ken Eddie, Managing Director of Nutri, the sole UK supplier of the vantage machine, says: “This machine is no substitute for a highly trained nutritional therapist, but it does provide a quick and accurate picture of a patient's health.”

For more information about Cheshire Natural Health, telephone 01925 730123 or visit [www.cheshirenaturalhealth.co.uk](http://www.cheshirenaturalhealth.co.uk)

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