

Dietitian

Dietitian Service will compliment the Diabetes Program and Exercise Physiology Service at our Clinics. If you are in need of getting your body weight and fitness level under control, we are now able to combine both disciplines (Dietetics & Exercise Physiology) to achieve your individual goal.

As an APD Dietitian, Maya McColm understands the importance of providing **client centered dietary advice** that is tailored to the client's unique health profile, individual food likes and dislikes and their family work and life situation.

She has 30 years experience in Dietetics and is **up-to-date in clinical research** in the **diet-disease relationships of most health conditions** – including **heart conditions, cholesterol, bowel conditions and metabolic conditions**.

She also has a special interest in **FODMAPS and Coeliac Disease** and strives to use her skills and knowledge to help empower people to live a healthy and balanced life.

Most recently Maya McColm has become the leader of a team that has developed NERO (Nutrition Education Resources Online). NERO uses app-based technology designed to support clients during their health journey. NERO provides evidence based nutrition education via visually stimulating videos and fact sheets. It also enables clients to plan their meals and track their health progress in line with their goals. NERO enhances the relationship between the Dietitian and the client to get sustainable results.

Maya sees all patients seeking Dietary advice including EPC and DVA. Remember, we bulk bill on all EPCs and DVA Gold covers all our Services.