

I have tried many diets and this is the first time anyone has explained why and how food affects my body. The only improvement I can see is to expand the service so more people can get the benefits.

The service given to me from the dietitian was the best I have had from all medical personal. I learnt more in one hour with her than several years with others.

I was very pleased with Jennifer, she was easy to understand and she explained things very well.

Jennifer explained everything to me on a level I could understand. She is fantastic!

Maintain the standard. This is the first time I have ever had a simple explanation of my problem and why I should have an eating plan. I was extremely impressed.

Any further assistance offered to Jennifer would be resources well used. Her empathy and practical knowledge are rare assets and we are very lucky to have them.

I found Jennifer not only interested in my diet but my general wellbeing and mental health. She is a very caring and professional person.

Jennifer was excellent, listened well and treated me with respect and did not make me feel like a "fat pig" which most others had.