

**Philippa Bearne** qualified as a State Registered Dietitian in 1986 from Leeds Metropolitan University. She is registered with the Health Professions Council and is a member of the British Dietetic Association. Philippa has over 14 years' experience as a Dietitian, the last nine years as a Senior Dietitian at Salisbury District Hospital. She also works part-time in private practice at The ARCH Clinic.

### Clinic Times and Charges:

**Friday** 9.00 am - 11.00 am  
**Friday** 5.00 pm - 7.00 pm  
(other times by special arrangement)

Initial assessment: 60 mins - £ 60.00  
Follow up consultation: 30 mins - £ 45.00  
Extended consultation: 60 mins - £ 50.00

### Additional Services:

Computerised Dietary Analysis  
and Report £30.00

A fee of £25.00 will be made for missed appointments unless 24 hours' notice is given.



## The ARCH CLINIC

Highfield House  
Bartons Road  
Fordingbridge  
Hampshire  
SP6 1JD

**TEL.: 01425 650074**

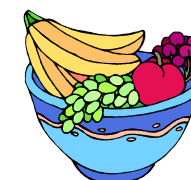
**FAX.: 01425 650071**

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## DIETITIAN



**“Trust a  
Dietitian  
to know about  
Nutrition”**

**Philippa Bearne BSc.(Hons.)**  
**SRD State Registered Dietitian**

## Nutrition and Dietetic Services

We all need to eat for our good health and enjoyment. Healthy eating is about eating the right amount and type of food to help the body to work properly, to repair the body and to protect us against serious illnesses such as heart disease, cancer and diabetes.

Dietitians strive to promote nutritional well-being, treat nutritional related illness and prevent nutritional related health problems by enabling people to make informed choices about their food and lifestyle.

## Why trust a Dietitian?

State Registered Dietitians are ***the experts in nutrition***. They have the only legally recognised and professionally regulated graduate qualification in nutrition and dietetics. They work within a professional code of conduct to provide people with accurate, independent and practical information on food and health.

Anyone can call themselves a 'nutritionist' but a 'State Registered Dietitian' means that the person has a recognised degree or post-graduate qualification in nutrition and/or dietetics, they are competent to practise and have high professional standards. State Registered Dietitians are registered with the Health Professions Council (the regulatory body for Dietitians in the United Kingdom). This register is reviewed and updated annually.

## Nutritional advice services available:

- Healthy eating advice
- Individual advice to treat or prevent nutritional related health problems
- Pre-conception, pregnancy and women's health nutrition advice
- Weight management advice
- Diet assessments
- Food intolerance / allergy advice

## Healthy eating advice

Expert advice is available on eating for good health, including healthy vegetarian diets, vitamin and mineral supplementation, nutrition advice for teenagers, women and older people.

## Individual advice to treat or prevent nutrition related health problems

Expert advice is available to treat or prevent a wide range of nutritional related health problems including arthritis, Coeliac disease, constipation, diabetes, eating disorders, heart disease, high blood pressure, inflammatory bowel disorders, irritable bowel syndrome, osteoporosis and raised blood cholesterol levels.

## Pre-conception, pregnancy and women's health nutrition advice

Nutritional advice is available to assist with conception, promote a healthy pregnancy and to help relieve some of the troublesome side effects associated with pre-menstrual tension and the menopause.

## Weight management advice

A behavioural approach is used to help people to manage their weight. This works by enabling people to make small, permanent changes to the way that they eat and live their lives, so that they are able to lose weight and keep it off. It is not about 'dieting' – it is about learning to eat more healthily, becoming more physically active and changing thoughts, feelings and behaviour around food. It enables people to identify their unhealthy eating and lifestyle habits and select those that they wish to change.

The Dietitian motivates and supports people in making these changes, and offers regular dietary reviews including weight and body composition checks.

## Diet assessments

These can be useful to identify nutritional deficiencies in a person's diet, food related symptoms and to assess overall dietary balance and meal pattern. They can indicate if any changes are needed to the way in which a person is eating and if any dietary supplements are needed.