

Our Team is Growing!



Get to Know our Expert
Team



Meet Our Team

of Registered Dietitians



Alison

is the founder of AC Health & Nutrition est. in 2005.



Amy

is an ambitious specialist gastroenterology dietitian.



Andrea

is experienced in clinical, food service, and charity settings.



Annina

is a specialist paediatric dietitian.

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Fiona

is experienced supporting adults with gastrointestinal disorders.



Frances

has extensive experience in managing IBS and other gastrointestinal disorders.



Frankie

brings 30 years of experience in commercial and NHS settings.



Gemma

brings 10 years of experience within the NHS and private practice.

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Helen

brings 28 years of experience in the NHS, food industry and media.



Jas

specialises in IBS management, digestive health, and diabetes care.



Lauren

brings extensive experience in both the NHS and private sector.



Louisa

divides her time between the NHS, and her private practice, Loud Nutrition.

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Sarah

is the principal dietitian in her own private practice, with nearly 15 years of experience.



Shehnaz

is an NHS and Freelance dietitian with 11 years experience.



Sophie

specialises in IBS and works as a dietitian at a GP surgery.



Victoria

brings almost 20 years experience across multiple dietetic specialities.

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