

## **Leila Lingner - Bio**

Leila Lingner (DipCNM, DipHealthCoach, mBANT, mCNHC) is a London trained, registered nutritionist and health coach whose mission is to help women look and feel amazing through nutrition.

She has always had a keen interest in health & nutrition, and like many other women had tried a plethora of diets over the years. Determined to gain an accurate and in-depth understanding of this fascinating topic (so much misinformation is out there), she enrolled on a 3-year course at the College of Naturopathic Medicine in London where she learnt scientifically backed facts to support a healthy diet and lifestyle.

As a nutritional therapist and health coach, a member of the British Association for Nutrition and Lifestyle Medicine (BANT) and registered with the Complementary & Healthcare Council (CNHC), she combines the science of what to eat with her personal experience and health coaching skills to help her clients transform/revolutionise their health.

In 2021, she founded her own company, LL Nutrition International, through which she provides her clients (primarily women over 45) with the tools and knowledge necessary to optimise their long-term health goals.

In addition to working with clients on an individual basis, Leila is on a mission to educate and inform others. As such, she gives talks in both France and the UK on various nutritional topics, hosts online webinars, and regularly organises free challenges/workshops on her private Facebook group. She is currently writing a book on health and nutrition geared towards women over 45.

Leila attends continuing professional development (CPD) conferences and seminars to keep up to date with the leading-edge developments of nutritional medicine to provide the very best advice to her clients.

She is married and together with her husband, Pascal, looks after her elderly parents (100 and 92) in Levens: one of her own personal achievements has been successfully moving her mother off daily insulin injections thanks to an appropriate eating plan.

## **About nutritional therapy**

Nutritional therapists help individuals to improve and maintain their health and wellbeing through diet and nutrition. Based on an evidence-based approach, using the latest research in nutrition and health sciences, a bespoke plan is created for each individual which incorporates diet and lifestyle tips, together with recommendations, if applicable, for supplements and testing. This is supported by personalised coaching to encourage progress and overcome any mental or psychological blocks that might have prevented the individual from reaching their goals in the past.