

Nutritional Therapy at SANITAS

Nutrition is often sidelined in medical treatment, but is one of the most important factors in keeping healthy and maintaining your body's ability to fight off sickness and disease.



The Lifestyle and Nutritional Consult Centre works together with SANITAS to provide nutritional therapies and advice on the following:

Weight management, Nutrition assessment & counseling, Nutrition and health promotion on site, Worksite wellness screening & Meal planning as well as :

- Dietary management of
 - o Overweight/ Underweight
 - o Diabetes
 - o Heart disease
 - o Hypertension
 - o Kidney stones/dialysis
 - o Cancer
 - o HIV/ AIDS
 - o Other conditions
- Nutrition counseling on
 - o Preconception
 - o During pregnancy
 - o Exclusive breastfeeding
 - o Infant formulas and supplements
 - o Child feeding techniques
 - o Elderly
- Sports nutrition

Join our Lifestyle & Nutrition Club and get expert nutritional advice, online access to information and real time feedback, group sessions for 12 months and one on one consultations with senior nutritionist

See our website for more information on the full range of Nutritional treatments available to you. Or call us on + 255 222 70 14 10 to book your appointment today.

