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QUALIFICATIONS: Degree in Biology, University of East Anglia (1998).

Diploma in Nutritional Therapy, UK College of Nutrition and Health (2006)

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How long have you been in practice and where?

I have been in practice as a nutritional therapist for 10 years. I started out at a clinic in Islington which was part of a health food shop. I relocated to Calmer Clinics at Dolphin Square in Pimlico in 2017, where I specialise mainly in gastrointestinal health.

I was part of the practitioner support team at Genova Diagnostics from 2016; this was a fantastic environment which enabled me to support and provide training for other clinicians and also helped me to keep up to date with the latest advances in research and functional testing and the types of products and protocols that seemed to be working in clinical practice, especially around gut health. I left Genova in September to focus on my private practice.

What is your main modality?

My main modality is gastrointestinal health, and I am excited about the developments in the area of SIBO. Thanks to the likes of Dr Mark Pimentel and Dr Steven Sandberg-Lewis, we now have a

much deeper understanding of the mechanisms driving the different types of SIBO and can apply more targeted therapeutic strategies. It is possible to get much more sustainable results with patients where a few years ago I would have still been scratching my head.

You have been nominated by Nutri Advanced because you're one of their best customers. What products do you use and how long have you been using them?

I've been using Nutri Advanced products for the last 10 years, since I started practice. I use a range of different products. I really like the Multi Essentials for Women as it contains the methylated forms of folate and B12, plus some DIM and broccoli powder for extra support around oestrogen metabolism. I sometimes use the Methyl Complex for extra methylation support.

For gastrointestinal I often use the Berberine and Grapefruit Seed Formula especially for bacteria overgrowth or potential pathogens - the black walnut means that it is also rich in plant tannins, giving it a broad-spectrum effect (plant tannins being one of the antimicrobials which often shows as being most effective via the stool testing culture). Recently I've been using also the CandiBactin for SIBO as it was one of the antimicrobial products used in the 2014 study which showed herbal antimicrobials to be at least as effective as Rifaximin for SIBO

(Chedid et al, 2014). It gives me more confidence with clients to be using products which are backed up with good literature.

I sometimes use the metabolic food powders and I've had great results with the UltraClear Sustain for gut healing in the past with nice before and after results on an intestinal permeability profile. The UltraInflamX I will use if there is more of an inflammatory picture.

For adrenal support I really like Adreset as an adaptogenic, and I find most clients really notice the difference when they are using this in terms of their energy level's ability to cope with stress. I also use Nutri Adrenal Extra for a more stimulatory effect and will consider the Nutri Thyroid and T-Convert if there are thyroid issues.

What first attracted you to the products?

The reason I first started using the products was Nutri's reputation, the training and practitioner support. The quality and purity of the products at an affordable price makes them more accessible to all clients. I liked the ethics and genuine commitment to health and the fact that the company is backed by pioneers such as Dr Jeffrey Bland and Dr Joseph Pizzorno.

How does it fit into your work and what difference does it make to your practice?

The majority of clients that I see have gut issues. Often it is an

ongoing condition which has been classed as IBS by the GP and the patient has no improvement with the conventional protocols. It is very satisfying to uncover more about the specific underlying imbalances and apply a therapeutic protocol which can resolve the issue on a more long-term basis and the products form an essential part of that process.

Can you give an example of how it has made a difference to one of your clients?

Most recently I saw a 70-year-old male with bloating, constipation, acid reflux, fatigue and depression. We ran a GI Effects test (Genova Diagnostics) and found overactivity of commensal species, including a methane-producing bacteria which has been linked with constipation and SIBO. We also ran an IgG profile which showed reactions to potatoes and yeast, which we removed from the diet for three months. We used the Berberine and Grapefruit Seed Formula for five weeks, with Vitamin D3 Drops and anti-inflammatory support. The bloating and constipation reduced quite rapidly. After three months he reported major improvements in gut function, better energy, mood and mental acuity. He is so pleased with the outcome, especially as the symptoms had been impacting on his life so much and limiting what foods he could eat. Now he has added the trigger foods back into his diet and is able to tolerate them and has a greater understanding of his own health.

