

To make an appointment :

Just call in-store to your nearest Molloy's Pharmacy or telephone Molloy's to make an appointment

Heather will be holding clinics in the following Molloy's Pharmacies:

Location	Telephone Number
Garden Street, Ballina, Co. Mayo	096 21375
Bunree Road, Ballina, Co. Mayo	096 60340
Crossmolina, Co. Mayo	096 31177
Ballaghaderreen, Co. Roscommon	094 987 7520
Harrison Centre, Roscommon Town Co. Roscommon	090 663 7602

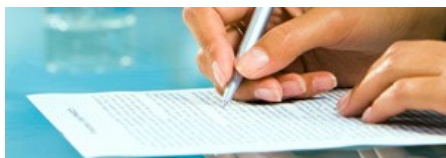
You can also contact Heather by logging onto www.molloyspharmacy.com and clicking on the "Ask the Dietician" section.

How much will the consultation cost?

We believe that everybody should invest in their health, but appreciate that it can be expensive. That is why we are offering the Dietician service at an affordable price.

Consultations fees are:

€20 for the first consultation.
Reduced rates are available for follow up consultations.



Could you be suffering from

Food Intolerance?



Did you know 45% of the population suffer from food intolerances? Symptoms range from bloating, headaches, insomnia, diarrhea to weight and skin problems. Molloy's are now testing for food intolerances based on antibody responses to particular foods. After identifying foods which cause a reaction we will work with you on a plan to remove these from your diet and replace with something more appropriate. Contact any of our stores today to make an appointment.

Other services available at Molloy's :

Blood pressure testing Cholesterol testing
Iron testing Pharmacist consultations
Blister packing Sports nutrition
Sports therapy Weight reduction clinics
Ostomy service Stocking fitting service

Join us online @



www.molloyspharmacy.com



www.facebook.com/molloyspharmacy



NEW! Dietician Clinic



ARE YOU?

Diabetic
Looking for advice on weight loss
Suffering from a chronic illness
Pregnant
Suffering from hair loss or skin problems
Lacking in energy
A sports enthusiast
Worried about your family's nutrition
or
Just want a better quality of life

**Then pick up this leaflet and read it.
It could change your life for the better.**

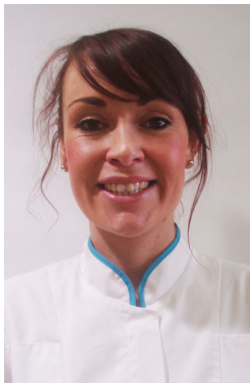


What is a Dietician?

Dieticians are trained professionals, skilled in developing unique customised programs including foods, supplements and lifestyle modifications that will allow you to reach your specific health goals.

Who is Heather?

Molloys Pharmacy is delighted to introduce our new dietician, Heather Miller, who will be offering dietetic consultations across the Molloys Pharmacy group.



Heather Miller
Dietician at Molloys
Pharmacy

Heather completed a BSc (Hons) degree in Nutrition in Liverpool University and proceeded to do a Postgraduate Diploma and Masters in Dietetics in Chester University. Heather is specialised in the areas of diabetes, weight loss management and paediatrics, with in-depth knowledge of crohns and coeliac

disease, renal disease, cancer diets, stroke, cholesterol and hypertension amongst others.

Heather is available for private consultations or group talks. Heather treats all aspects of nutrition including Weight Management/Loss, Diabetes, IBS, Stress, Sports Nutrition, Sleep Problems, Digestive Issues, Bloating, Low Energy, Asthma, Hormonal Imbalances, Pre and Post Chemo Diets, Skin Issues and Allergies. Heather will provide the education and motivation required to get you on the path to your optimal state of health.

Why you may want to make an appointment to meet Heather:



Support your body during illness – when diagnosed with an illness, all contributing factors must be assessed in order to effectively manage and/or reverse the progression. What you eat and how you live is going to have a direct effect on your body's ability to fight and recover.

Lose weight effectively – being overweight puts you at a higher risk of developing serious conditions such as diabetes and heart disease. In order to lose weight properly and keep it off, more than just a “diet” is involved. A whole change in lifestyle is required and those changes must be tailored to your unique physical, mental and emotional makeup.



Increase your energy and sense of well-being

– sometimes we get in a rut and our work and family life suffers. Finding out what you may be doing wrong and incorporating positive health, promoting changes, can help you live the life you crave. Eat well, feel well, and look great. People notice when you are radiating health and it will boost your confidence and energise you!



Advice on family nutrition from pregnancy onwards – feeding and providing nutrition for your

family begins from the time you find out you are pregnant. By eating a healthy balanced diet while you are pregnant and breastfeeding provides your baby with the best possible start. But it doesn't stop there! Weaning your baby onto solids can be a very daunting experience or trying to ensure that your teenagers are getting enough proper nutrition is always a worry. But with some guidance all these worries can be put to rest.



Maximise the benefits from your fitness routine - being active and building muscle is half the battle. Without the right foods going into your body, plus proper rest and relaxation for recovery, you will not reach your optimal state of health. Why put all the effort into challenging your body physically if you are not going to do everything you can to ensure health from the inside?

Prevention –many people have genetic weaknesses and family histories of cancer, heart disease and other major illnesses. By taking control of the **factors** you can change, including diet and lifestyle, you have a chance of beating the odds.