



Emma Mills

at Individual Health

BSc(Hons), FdSc, DipION, mBANT,
CNHC, TFT-algo

For a healthier you

ABOUT ME

Emma is a dedicated Nutritional Therapist and Thought Field Therapist and draws from her extensive 13-year corporate background to craft talks that resonate with professionals, offering practical strategies and relatable anecdotes to address the daily challenges they encounter. Passionate about health and mental wellbeing, Emma's mission is to empower individuals with easy, practical diet and lifestyle changes for optimal health.

Benefits to your organisation

- Happier and healthier employees
- Cost savings through reduced absenteeism
- Increased productivity from improved focus
- Enhanced employee performance
- Improved morale and company culture
- Reduced healthcare costs
- Enhanced employee retention
- Boosted team collaboration and communication
- Demonstrated commitment to corporate social responsibility

Emma offers a unique blend of evidence-based nutrition and lifestyle support coupled with Thought Field Therapy, a powerful tool to tackle emotional barriers such as stress, anxiety, and cravings, often hindering optimal health attainment.

SIGNATURE TOPICS /TALKS

- ✓ **Nourishing through menopause**
Helping women to balance hormones and navigate symptoms through diet and lifestyle.
- ✓ **Winter wellness**
Nourishing body and mind to stay vibrant and healthy throughout the cold season.
- ✓ **Anxiety and nutrition**
The food we eat impacts how we feel and can either contribute to or reduce anxiety.
- ✓ **Abundant energy**
How to fuel our body to provide it with the energy needed to focus, concentrate and carry out our work.
- ✓ **Sleep**
Exploring the unexpected connection between diet and sleep and lifestyle strategies to feel restored.
- ✓ **Food and mood**
How food impacts your mental wellbeing and brain function.



Individual Health

Accreditation

- Institute for Optimum Nutrition diploma (distinction)
- Prize for academic excellence
- Certified Nutrigenomics Practitioner
- Thought Field Therapy Algorithms certified
- British Association for Nutrition and Lifestyle Medicine (BANT) registered
- Complementary and Natural Healthcare Council registered

Audience Feedback

"I attended a talk given by Emma on Nutrition for Winter Wellness. I was very impressed by Emma's delivery and the information she provided us with. She gave very clear, useful and actionable advice, I'd fully recommend her services."

A.Warner

"In her recent talk on the subject of healing through nutrition, it was clear that Emma is a genuinely caring practitioner, who's work is founded on a deep and very detailed knowledge of her field. She clearly works from a very sincere desire to help support people on their journey to optimal health and well being. Highly recommended!"

Caroline

"Very interesting relating nutrition to menopause. Thought provoking."

M.Vaughton



I'd love to speak to your employees, group or at at your next event. Please get in touch with any questions and to discuss dates.

Get in Touch!



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www.individualhealth.co.uk



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