

## Nutrition, Energy & Wellbeing Practitioner

### Jo Brimmell

BSc Hons, PGCE, SPLD, PG Dip, PG Cert, AFMCP

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Jo is passionate about promoting health and wellbeing and has helped lots of clients to overcome their health issues, including autoimmune conditions and diabetes through the use of nutritional therapy, with a particular focus on gut health and functional medicine.

Jo originally gained a degree in Sports Science in 1998, before entering primary school teaching for 18 years, before retraining in 2013 as a nurse and going into practice nursing. This wide range of experience has given her a broad range of experience and the ability to see things from different perspectives. After developing and overcoming inflammatory arthritis herself, she realised there was a better way to tackle health and trained as a nutritional therapist. She has since completed training treating in long covid.

Jo is also a fully qualified the Energy Alignment Mentor.

The Energy Alignment Method (EAM) is a blend of kinesiology, neuroscientific research, Neuro Linguistic Programming, Positive Psychology and Eastern practice. By combining these concepts EAM allows you to be in 'flow' – a harmonious state where you feel totally in tune with life, and where wellbeing and health is optimised.

EAM is a really beneficial tool for enhancing mental health through allowing the release of negative emotions, thoughts and beliefs and reprogramming the brain with more positive associations. It is also great technique for supporting people to make changes on their journey to health.