

Kelly Hutson - Hormone Health Coach

Peri-menopause | Female Health and Hormone | Nutritional Therapist



Kelly is a dedicated nutritional therapist known as the Hormone Health Coach, specialising in providing support to females with hormonal imbalances and navigating the challenges of peri-menopause.

Her journey into this field began two decades ago while working in the corporate world, where she experienced burnout due to long hours, frequent international travel, and a highly stressful role. This life-altering experience prompted her to re-evaluate her priorities and discover her true passion to support and help people.

Kelly's fascination with the connection between diet, wellbeing, and health deepened when her own son developed gut issues at a young age. It was during this time that she realised the profound impact of nutrition and its relationship with our bodies, environment, and lifestyle. Motivated by this revelation, Kelly pursued her education at the prestigious evidence-based Institute for Optimum Nutrition, London.

Entering peri-menopause herself at an earlier stage than she expected and quite suddenly, Kelly found herself overwhelmed by the conflicting information circulating in the media and even from her healthcare professionals at that time. However, her journey took an unexpected turn when she discovered that she had an autoimmune disease affecting her thyroid hormones and her perimenopausal symptoms. This personal experience led her to focus her expertise on female health and hormones, determined to assist women like herself in navigating this transformative chapter of their lives.

Kelly's primary goal is to identify the underlying root causes of her clients' symptoms and address them comprehensively, supporting every system within the body. Her aim is to empower women, leaving them feeling strong, energised, and in control of their well-being.

If you find yourself struggling with gut issues, thyroid problems, weight problems, or perimenopausal symptoms including,

- hot flashes, mood swings, anxiety, brain fog, sleep disturbances, or weight gain, fatigue, aches and pains Kelly can provide the guidance and support you need.

As part of her comprehensive approach to support your goals, Kelly can offer personalised testing and analysis that goes beyond what is typically available through the NHS. This includes DUTCH hormone testing, a full blood panel including thyroid and insulin levels, as well as various inflammatory markers. She also conducts comprehensive stool testing, examining the gut microbiome and parasitology.

If you are seeking a better understanding of your health, symptoms, hormones and perimenopause, Kelly will provide you with an empathetic and informed approach to support your personal goals.

To take the first step towards reclaiming your hormonal balance and well-being, book a free discovery call with Kelly via phone at 07900 577 489 or email at kelly@kellyhutson.com

www.kellyhutson.com

<https://www.instagram.com/hormonehealthcoach/>

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or book your free discovery call here:
<https://calendly.com/kellyhutsonhormonehealthcoach/30-minute-nutrition-and-lifestyle-discovery-call?month=2023-06>