

KATE KNOWLER

SHORT BIOGRAPHY:

Kate Knowler is a self-confessed recovering perfectionist. She retrained as a nutritionist with a particular interest in stress and fatigue, after using food to restore her own health ten years ago, when a career in corporate IT ended with burnout and fatigue.

Kate has 10 years of clinic experience working with the London based Allergy & Health Test Clinic, helping clients support their wellbeing.

QUALIFICATIONS:

Nutritional Therapist (College of Naturopathic Medicine)
Nutritional Advisor (Kevala College)
DNAFit Accredited Nutritionist (DNA Fit)
BER Allergy Tester (BioMedscan)
EFT Practitioner (Centre of Excellence Online)

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EXPERT SUBJECTS

- Nutritional therapy for optimal thyroid health
- Nutritional therapy to recover from stress & fatigue
- Interpretation of functional test results
- Recovery from food intolerances
- Public speaking - general nutrition, thyroid health, food intolerances etc.

FACEBOOK

TWITTER

INSTAGRAM



KATE KNOWLER



LONGER BIOGRAPHY:

I was 25. I'd worked my way up the IT career ladder from answering the helpdesk phones at 17 years old, to long hours supporting corporate networks and doing SQL programming on the side. I thought this was the way my life was meant to be. But the long hours, high stress and poor diet were giving me poor health, and after 8 years, I was starting to realise that maybe this wasn't the career for me.

I'd have palpitations on the train into work. If I got a lunch break I'd spend it crying in the toilets. I'd go home late in the evening with abdominal cramps so bad I couldn't stand up straight. My skin looked awful – acne, boils, a strange infection on the corner of my lips, and hiding under my clothes were several patches of eczema. And don't even get me started about my menstrual cycle – I hadn't seen my period for months and my GP was talking about infertility!

One afternoon, instead of writing some code, I Googled some of my symptoms and realised I was more than just overworked – I was on the road to burnout. A few hours later, and I'd discovered a world of nutrition that I never knew existed – but just three weeks later, after following the advice I'd found online, my skin was clearing, my abdominal cramps were easing, and I was realising that good food really could taste better than the processed convenience food I'd been surviving on for so many years.

I looked into home study courses for nutrition. There weren't many, but I found one that was perfect and looked like I'd be able to fit it in around my day job. Just one module into the course, I realised I'd found my calling. Being a nutritionist, being able to help others, was totally me. I took a deep breath, quit my job and the corporate lifestyle and decided to focus on retraining as a nutritionist. When I told my boss, he laughed and said he'd keep my job open – I've never been more determined to turn an offer like that down!

I'm in my late 30's now, and I've been running my nutrition business ever since I graduated from that course! Thanks to good nutrition and a complete lifestyle change, I've even learnt how to juggle life as a parent to two young children with running the business and updating my qualifications, without burning out again.

Kate x