

MEDIA RELEASE

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Nutrition | Health | Wellness

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INNOVATIVE NEW HEALTH AND WELLNESS PRACTICE OPENS IN WELLINGTON POINT

REDLAND CITY, QLD, July 22 — A new Health & Wellness practice opening in Wellington Point this week aims to help Redlands Coast and Brisbane residents navigate lifestyle changes triggered by the pandemic, prevent chronic illness and improve health through nutrition counselling and health coaching services.

Run by Nationally Recognised Nutritionist Naomi Harnett, a certified Health and Wellness Coach, “Everything Me” bridges the gap in nutrition services between fitness professionals who can offer basic, generalised nutritional advice and specialists such as Dietitians who primarily offer treatment focused nutritional therapy. The practice aims to help clients avoid preventable diet and weight related illnesses like diabetes and cardiovascular disease, manage energy levels and nutritional inadequacies, and overcome health barriers like emotional eating or lack of knowledge, using a personalised approach and simple, evidence based strategies.

“Our lives have changed significantly in the last couple of years thanks to the global pandemic, and we are seeing a general shift towards being more health conscious. Nationally Recognised Nutritionists are relative newcomers to the health and wellness sector and I think that we couldn’t have arrived at a better time. It’s now understood just how important good nutrition is not only to physical health, but to other domains such as mental and emotional health. This new level of personalised support is more accessible to the public at a time when education, holistic health management and disease prevention is greatly needed.” Mrs Harnett said.

For individuals looking for weight loss, improved energy levels, or a higher level of education and support than fitness professionals provide, but who do not qualify for subsidised specialist services, Mrs Harnett says a Nationally Recognised Nutritionist is a cost effective option. In most cases, a Doctor’s referral isn’t required to access services, although she advises that those with known issues such as food allergies, high blood pressure or cholesterol should always seek clearance from their GP before commencing a new health or fitness program.

For more information, or to book a free Intro session, visit www.everythingme.net.au.

Everything Me is a Nutrition, Health and Wellness Practice located behind Pharmacy @ Wellington Point in the On Point health and wellness hub at Wellington Point. The practice provides a range of nutritional counselling and health coaching services focused on holistic health management through better nutrition, using a personalised, evidence based approach. Everything Me was founded in 2021 by Nationally Recognised Nutritionist and certified Health and Wellness Coach Naomi Harnett.

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