

Men's Health - Nutrition and Diet

When it comes to your health what you eat matters. Good dietary habits and quality nutrition is like putting the right fuel into a high performance car to get the best results. When you eat well you get the best from yourself, improve how your body functions, help to improve your fertility and lower your risk of disease.

Nutrition Service

- Lowering CVD risk factors in men with erectile dysfunction
- Improving diets in men with to improve fertility

Intervention

- Assessment/initial visit
- Monthly plan tailored to clients work/life schedule (including travel, meals out, eating at home etc)
- Relevant education and support over implementation period
- Follow up