



Gaps Nutrition Consultancy

Alessandra Edwards GAPS Nutrition Consultant
Naturopath (Advanced Diploma)
Yoga Teacher & Hypnobirthing
Specialising Fertility, Pregnancy and Birth

Alessandra has completed the GAPS Practitioner Training Program requirements set by 'GAPS Nutrition Consultancy' and was registered as a GAPS Nutrition Consultant on the 19th May 2011.

Alessandra Edwards is an accredited Naturopath, Yoga teacher and Hypnobirthing Educator. Alessandra is a member of the Australian Natural Therapies Association and Weston A Price Foundation. She is a kind and sympathetic naturopath who genuinely cares about guiding her clients towards regaining optimal health and her areas of expertise include:

- Male and female reproductive health
- Infertility
- Pregnancy and birth
- Children's health
- Food intolerances
- Auto-immunity

Alessandra is also one of the founding members of the Prenatal Education Association of Australia (PEAA), a national body for health professionals and expecting parents. PEAA promotes research-based knowledge about the link between prenatal life and lifelong health.

Alessandra believes parents have a wonderful role to play in their child's physical and emotional wellbeing before they are born, and that giving birth with a calm and gentle confidence can have an incredibly positive effect on a child's emotional development. The foundations of every child's health begin before they are conceived, as the parents' physical and emotional state of health goes on to shape their baby's physical and psychological development. Alessandra uses the GAPS program successfully for preconception and pregnancy care. This is particularly the case for parents who have a history of allergies, intolerances, eczema, auto-immunity, nervous system dysfunction or if they already have a child with any of these conditions.

Alessandra's unique combination of experience and therapeutic approaches brings an abundance of healing alternatives to accommodate and complement the GAPS Protocol for those soon-to-be-most-treasured years ahead.

Alessandra is available for consultations in Hampton Victoria.

Contact Details

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