



Gaps Nutrition Consultancy

Fiona Keegan GAPS Nutrition Counsellor
Trained in Whole and Natural Foods
Remedial and Therapeutic Bodywork
Specialising in wholefoods and fermentation

Fiona has completed the GAPS Practitioner Training Program requirements set by 'GAPS Nutrition Consultancy' and was registered as a GAPS Nutrition Counsellor on the 13th January 2011.

Fiona helps people understand 'what good food really is' and assists people to 'identify what is really going on in the body'. Located in Western Australia, Fiona enjoys teaching others how to get back to basics with whole and natural foods and fermentation processes.

Fiona became interested in Dr Natasha's work during her studies involved with wholefoods, and also in her search for answers and a solution to her own family health issues, including depression, asthma, allergies, ADHD, Candida and thrush.

As a trained 'GAPS Nutrition Counsellor', Fiona aims to help clients in understanding and implementing the GAPS Nutritional Protocol, and to help people find a workable path on the journey back to improved health and wellbeing. Fiona and her partner also run a busy health practice in Perth's western suburbs which offers Remedial and Therapeutic Bodywork. This style of body work has a component which focuses particularly on the release of deep seated abdominal tension that is often held in the digestive tract. It has well known health benefits and is shown as being particularly helpful in conjunction with good nutrition for people working through and recovering from many different health issues.

Fiona is available for GAPS counselling and wholefood workshops in Western Australia.

Contact Details

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