



Gaps Nutrition Consultancy

Nina Stabey GAPS Nutrition Consultant

Naturopath

Nutritional and Herbal Medicine

Digestive Health for ASD

Nina has completed the GAPS Practitioner Training Program requirements set by 'GAPS Nutrition Consultancy' and was registered as a GAPS Nutrition Consultant on the 25th August 2011.

Nina has been consulting in private practice for 8 years and is currently working alongside Integrative Doctors that specialise in treating children with Autism Spectrum Disorders. Nina graduated with a Bachelor of Health Science in Naturopathy, Nutrition and Herbal Medicine in 2003. In 2004 she completed a remedial massage therapy course and in 2008 she completed a gentle form of acupuncture. She is a member of both ATMS and EPA regulating bodies.

She loves supporting clients to re-build and re-pair using dietary interventions, supplementation, therapeutic teas/ baths/ creams etc and bodywork. Her suggestions are simple and very practical to implement for individuals with busy lives.

Nina is passionate about supporting:

- Children who have the Autism Spectrum Disorders
- Digestive issues: Children / adults with food allergies / intolerances / IBS / IBD
- Pre-conception / pregnancy care
- Central Nervous System imbalance: Tiredness/ Exhaustion/ Anxiety
- Mental health concerns
- Cancer
- Sleep Issues

Her love to feed individuals back to health & vitality is expressed via a unique flair with food: creating personalized recipe/ menus for individuals or families, cooking & nutrition presentations, production of her own food range (DF/GF) and a cook book (DFGF) to be released early 2012.

She has deemed herself "a perpetual student" of life and is available for consultations in Prahran & Brighton in Melbourne and is also available for telephone or Skype consultations.

Contact Details

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