

Nutritional Evaluations are scientific in design and specific in delivery.

Taking a clear and detailed history of an individual's food and beverage consumption, along with physical measurements and activities, Nuexcom delivers what was thought impossible.

Using a matrix calculation we track the client's day to day lifestyle and adjust specific calculations accordingly. Nuexcom believe in minimum weekly weight loss through calorie control and achieving further weight loss the PAL determination. This measure and monitoring systems enables the individual to attain and retain a healthy weight loss and lifestyle.

The words healthy lifestyle and diet have become synonymous with broken promises and failed aspirations and at times, desperation. Taking this onboard, Nuexcom have devised a tool-kit to ensure complete success whoever the client may be.

Nuexcom Nutritional Evaluations are not orchestrated to penalize the client for eating packets of crisp or chocolate bars, we take this into account, almost a given. Working with a client's daily habits and home/work schedule and arranging the best possible programme is our key to a client's success.

Providing detailed information on how and why food works for and against us, along with the best kinds of foods and drinks to deliver particular looks and results, is all part of Nuexcom programmers.

Nutrition is an essential part of our every day lives and should be understood, it can be an exciting and interesting journey if taken with the right companion.