



## W1 NUTRITIONIST

*Marylebone, W1*

Words **JOY MONTGOMERY**

Sometimes we all need a moment to check in with our bodies. As time-poor, sleep-deprived and stressed Londoners we have a tendency to power on, ignoring the warning signs. Headaches, stomach upset, foggy brain and fatigue are all common afflictions, yet we rarely have the time to address them.

Filip Koidis is an expert nutritionist with a specialisation in female health. We meet him in his clinic, just off Marylebone high street. After explaining our struggles with IBS and insomnia, he took us through a highly detailed analysis process. This included measurements - such as body fat and muscle percentages - in-depth discussion of our diet and lifestyle habits and, after a series of blood tests courtesy of Medical Diagnostics Centre, insight into our blood count and iron and cholesterol levels. The result? A 360 degree view of our current health.

After discussion we were prescribed melatonin to help with sleep, probiotics to re-balance our gut bacteria, and a comprehensive diet plan to address all our nutritional needs.

Over the next month we trialled our new lifestyle plan. We found our energy reserves replenished and stomach issues calmed. Proof that small changes can make a huge impact on our health and wellbeing. ♦

### **WIMPOLE THERAPEUTICS CLINIC**

2 Wimpole Street, W1G 0EB  
[w1nutritionist.co.uk](http://w1nutritionist.co.uk)

# beauty CONFIDENTIAL

*Overnight summer glow, Beauty Editor-approved lipstick and eye-loving creams*

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## *Colour Me Pretty*

### *Stil The Salon*

Nestled in the heart of Notting Hill, STIL is a breath of fresh air - a new, modern salon which provides effortless hair styling and finishing with an emphasis on colour specialist services. The salon's minimal, Scandinavian design captures a cool aesthetic and contemporary edge.

A perfect balance of style and comfort. 2 Chepstow Road, W2 5BH  
[stil-salon.com](http://stil-salon.com)