

What is Dietetics?

At Oakdale, we are pleased to introduce our new Specialist Dietitian, offering expert guidance and support for individuals struggling with eating difficulties.

Dietetics is the science and practice of managing and planning diets to promote health and well-being, prevent diseases, and manage existing health conditions. Combining principles of nutrition and food science, dietetics provides tailored dietary advice that helps individuals and communities thrive.

The Connection Between Nutrition and Mental Health

Nutrition plays a vital role in supporting mental health. Research has shown that what we eat and how we eat affects not only our physical health, but also our brain function, mood, and overall mental well-being.

At the heart of this connection lies the gut-brain axis, a communication network linking the digestive system and central nervous system. A healthy gut microbiome supported by a nutrient-rich diet can positively influence mental health by:

- **Enhancing immunity**
- **Reducing inflammation**
- **Improving neurotransmitter production, including serotonin, the “feel-good” hormone that regulates mood.**

Contact Us



If you are interested in Nutrition and Dietetic support, you can contact us using the details below

or

you can complete the Oakdale Centre Self-Referral form and specify ‘Nutrition and Dietetics’ under “Type of Therapy Preference”.

<https://www.oakdalegroup.org/self-referral-form/>

For more information, reach out to us by phone or email.



01423 503080



reception@oakdalecentre.org



www.oakdalegroup.org



Oakdale Group

Nutrition and Dietetics

**SPECIALIST DIETETIC
SUPPORT FOR EATING
DIFFICULTIES**



Anna Daniels

Anna Daniels is a Registered Dietitian with extensive experience in media, clinical practice, and corporate health. Featured on the **BBC**, **The Times**, **Women's Health**, and TV shows like *Food Unwrapped*, she is a trusted voice in nutrition. With degrees in Food Science & Nutrition and Dietetics, Anna has worked in the NHS and private practice, supporting individuals with eating disorders, gut health, weight management, and heart health. She takes a compassionate, evidence-based approach, helping clients develop healthier eating habits for long-term well-being.

Understanding Eating Difficulties

Eating behaviours are deeply connected to emotions and personal history. For many, food can become a coping mechanism for managing stress, anxiety, or emotional distress. This can manifest in various ways, such as:

- **Emotional Eating:** Turning to food for comfort or as a distraction from difficult emotions.
- **Binge Eating:** Consuming large amounts of food in one sitting, often triggered by emotional overwhelm.
- **Restrictive Eating:** Limiting food intake as a way to exert control when other aspects of life feel out of control.

Additionally, past experiences—such as using food as a reward or comfort in childhood—can create long-lasting associations that impact eating habits in adulthood.

How a Specialist Dietitian Can Help

Our Specialist Dietitian offers compassionate, evidence-based support to help you:

- **Understand your relationship with food:** Explore the emotional and psychological factors influencing your eating patterns.
- **Develop personalised strategies:** Create practical, sustainable plans tailored to your unique needs and goals.
- **Rebuild a healthy connection with food:** Learn to nourish your body and mind in ways that support your overall well-being.
- **Improve mental and physical health:** Address gut health, manage stress, and enhance your mood through balanced, nutrient-rich eating.
- **Improve energy levels and weight loss or weight maintenance:** If you are struggling to lose weight or find that your energy levels/motivation is dipping, seeking expert advice on diet can help you achieve your weight loss and health goals.



Your Journey to Optimal Health

Consulting with a specialist dietitian at Oakdale can help you unravel the complexities of food and emotions, enabling you to feel nourished, supported, and empowered. Together, we'll work towards a healthy, fulfilled life where you feel your best—physically, mentally, and emotionally.

Take the first step toward transforming your relationship with food.

Contact Oakdale today to learn more or schedule a consultation.