



Introducing Clemence ...

Hello there! My name is Clemence Cleave, but you can call me Clem. I'm a registered nutritionist (MSc, RNutr) at the Tulloch Clinic, and I will be sharing insights about nutrition and wellbeing on a regular basis to improve your health and wellbeing.

I'm all about evidence-based practices, rather than the latest fads. So, whether you want to take care of your metabolic health, improve your physical or cognitive performance, get more energy, sleep better, or navigate the menopause transition, I've got your back. I study the science and explore what it means for you, taking into account your unique needs.

In addition to being a nutritionist, I'm also a lecturer in Public Health and Nutrition at the University of Roehampton and a published author. I wrote *28 Days to Gut Health*.

If you're wondering whether you should avoid glucose spikes, how much protein you need during the recovery phase, whether a plant-based diet is healthy, what the fuss is about the weight loss jab, or how to beat bloating, stay tuned! I'll be sharing insights on these topics and more.

If you have any questions, please feel free to get in touch via <mailto:clem@rocketfuelwellbeing.com>