Clare Hayes, Registered Nutritional Therapist, EFT Practitioner & Solution-Focused Hypnotherapist, BSc (Hons) NT, EFT Cert., HPD, SFHD, CNHC Reg.

Online (Essex-based Practitioner)

Clinic Days: Monday, Tuesday & Thursday, with some evening and Saturday sessions available on request.

"I offer a personalised and holistic approach to supporting individuals with Functional Neurological Disorder (FND), integrating Nutritional Therapy, EFT, and Hypnotherapy to help manage symptoms and improve overall wellbeing."

About Me

I'm a Registered Nutritional Therapist, certified EFT Practitioner, and Solution-Focused Hypnotherapist with specialist training in FND awareness. I have a deep passion for helping individuals navigate the challenges of FND, whether that's managing physical symptoms, stress, overwhelm, or emotional difficulties.

My approach is compassionate, gentle, and completely personalised to your unique needs. By blending nutrition, mindset work, and therapeutic techniques, I aim to help you feel more in control, supported, and at ease in your mind and body.

My Approach

- ✓ Tailored, client-centred support—your needs guide each session
- ✓ A comprehensive integration of Nutritional Therapy, EFT, and Hypnotherapy—tailored to suit your needs
- ✓ A functional, whole-body approach—exploring the root causes to restore balance and support overall wellbeing
- ✓ Adaptable to cognitive and physical fatigue—sessions are flexible and mindful of your energy levels and focus
- ✔ Programmes for deeper support—individual sessions available for EFT/Hypnotherapy if you're unsure whether a programme is right for you
- ✓ A safe, nurturing space—where you can explore what works best for you at your own pace
- ✓ Collaboration with your medical team/GP—ensuring an aligned and supportive approach

Sessions Available

- 星 Online via Zoom or an alternative secure platform
- **Property One-to-One Sessions Available**—EFT or Hypnotherapy (£80 per session)
- 📌 6-week & 12-week Programmes—starting from £470 (payment plans available)
- A Flexible programme structure—session length and frequency can be adjusted to your needs

How to Book

Book a free call here: https://l.bttr.to/bKsW7

Email: clare@healthinspired.co.uk

Website: www.healthinspired.co.uk

What Makes My Approach Unique?

I believe that healing is a journey, unique to each individual. My approach is rooted in understanding the bigger picture—gently exploring the underlying factors contributing to your symptoms and supporting balance in both mind and body. True progress takes time, which is why I offer personalised programmes rather than one-off sessions, ensuring you receive the ongoing care, support, and guidance needed to create lasting change.