

Who we are



Clarice Hebblethwaite

BSc Hons Nutrition Dietetics, NZRD

Clarice brings together skills drawn from 10 years experience as chef and over 14 years as a UK and NZ Registered Dietitian. Founder of NZ Dietitians Gastroenterology Interest Group, she is widely regarded as a leader in dietary approaches for digestive health, gastrointestinal surgery, polycystic ovarian syndrome, endometriosis and identifying and treating food intolerance. Clarice believes in greater health and wellbeing through realistic dietary and lifestyle advice.



Julie Leeper

BCApSC, PGDip Diet, NZRD

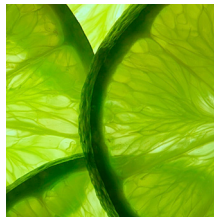
Julie is a NZ Registered Dietitian with over 14 years experience in promoting eating for health. With an innovative and practical approach to promoting dietary change Julie has extensive experience in group education and supermarket tours and has published a recipe book called NOSH - delicious & responsible eating. Julie has a special interest in food intolerance, having been diagnosed with Coeliac disease in 1991.



Meg Shannon

BSc HUNT, PGDip Diet (distinction), NZRD

Meg is a NZ Registered Dietitian with a strong background in research coordinating clinical studies in cardiovascular and cardiometabolic disease. She is a skilled dietary consultant specialising in diabetes, lipid disorders, polycystic ovarian syndrome, obesity and dietary support for weight loss surgery. Meg utilises her research and clinical skills to promote healthy lifestyles through practical, evidence based recommendations.



How to contact us

Referrals and bookings for dietary specialists are available for:

- Individual consultations
- Treatment package for diagnosis and treatment of lactose and fructose intolerance
- Supermarket tours



Level 1, 66 Stewart St
Christchurch 8011

P. 03 378 6236

F. 03 374 2176

E. info@digestivehealthservices.co.nz

W. www.digestivehealthservices.co.nz

Dietary Specialists provide dietary services for Southern Obesity Surgery.

For referrals and information contact:
Mr Grant Coulter or Mr Ross Roberts
Gastrointestinal Surgeons



Southern Obesity Surgery

Specialists on Nine
Level 1, 9 Caledonian Road
Christchurch 8013

P. 03 968 3131

F. 03 961 6655

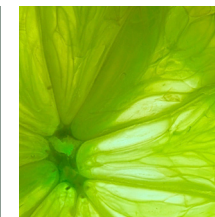
E. info@southernobesitysurgery.co.nz

W. www.southernobesitysurgery.co.nz



Dietitians providing specialised advice

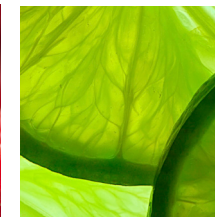
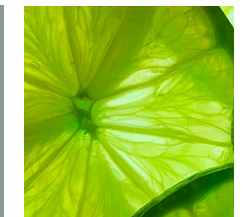
Digestive health



Womens health



Weight and health



Our approach

- Individual consultations in person and by phone and email
- Identifying your nutritional needs and personal goals
- Personalised dietary plans
- Interpreting scientific knowledge into practical and realistic advice
- Combining experience in catering, clinical research and development of teaching aids with extensive knowledge of nutrition and health



Digestive health

Irritable bowel syndrome (IBS)

Dietary advice for functional bowel symptoms including:

- Abdominal discomfort
- Bloating
- Wind
- Diarrhoea
- Constipation

Coeliac disease and gluten intolerance

Expert guidance for living on a gluten free diet both at home and when eating out, maximising dietary calcium, iron, fibre and foods for good energy levels, bowel health, healthy bones and weight.

Supermarket tours for gluten free diets

Practical instruction for reading food labels and choosing healthy gluten free foods.

Inflammatory bowel disease (IBD)

Crohn's disease and Ulcerative Colitis

A complete approach to the identification and treatment of nutritional deficiencies, to achieve healthy weight and reduce symptoms.

Constipation

A total approach incorporating advice on fibre, foods, fluids and lifestyle.

Diverticular disease

Advice on fibre and foods to aid in bowel health.

Gastrointestinal surgery

- Healthy recovery after surgery
- Reducing the risk of bowel cancer

Diagnosis and treatment of lactose and fructose intolerance

- Diagnostic breath hydrogen and methane testing for lactose and fructose intolerance with individual dietary consults as a treatment package

Breath test protocols and reporting by Gastroenterologists Dr Richard Geary, Dr Bruce Chapman and Scientific Officer Dr Bruce Dobbs of Digestive Health Services. These tests may be reimbursed by your health insurance provider.

Womens health

Endometriosis

A personal dietary plan for help with:

- Period pain and mid cycle pain
- Irritable bowel syndrome
- Premenstrual tension
- Energy levels

Polycystic ovarian syndrome (PCOS)

An individualised approach to help with:

- Insulin resistance
- Weight loss
- Energy levels

Weight and health

Weight gain

- Personalised dietary plans to help restore weight

Weight loss

- A tailored approach for diet and lifestyle to improve weight, energy levels and health

Weight loss surgery

- Comprehensive dietary advice and support before and after obesity surgery

