

Nutrition and dietetics

JULIE BOVET

The nutritional and micronutritional support I offer aims to restore balance, relieve symptoms and, if possible, resolve the cause of a problem or pathology. It is based on current scientific knowledge in physiology and medicine, but also integrates the idea that each human being is unique and influenced by his own experiences, thoughts and emotions. Called holistic nutrition, the therapeutic approach is individualized and adapted to each person. Through simple gestures and practical advices, you will have the keys to change some of your daily eating habits and naturally maintain those that suit you in the long term, thanks in particular to listening to your food sensations and mindful eating.

Depending on the request, the session can include a part of hypnosis.

I CAN HELP YOU WITH THE FOLLOWING TOPICS:

- Unbalanced or incomplete diet and/or dietary deficiencies (malnutrition): for a dietary and micronutritional rebalancing
- Weight problems: overweight, obesity, underweight (undernutrition), yo-yo effect
- Eating disorders such as anorexia, bulimia and binge eating
- Emotional eating, snacking, compulsions/ binge eating, physical and/or psychological restriction (dieting)
- Getting back to a healthy weight without dieting
- Identifying and respecting one's food sensations, rediscovering the pleasure of eating
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- Metabolic disorders: diabetes, hypertension, hypercholesterolemia, hepatic steatosis, cardiovascular disease, hypo/hyperthyroidism
- Various digestive disorders (bloating, constipation, diarrhea, cramps,...) and diseases of the digestive system (irritable bowel syndrome, SIBO, Crohn's, RCUH,...)
- Food allergies, intolerances
- Kidney diseases
- Nutrition for women: premenstrual syndrome (pain before and during menstruation, etc.), pregnancy, gestational diabetes, breastfeeding, pre-menopause and menopause

MEASURING YOUR BODY COMPOSITION IN THE OFFICE

I use the BiodyXpert® bioimpedance measuring device. The measurement is instantaneous and easy to perform in the office. The results tell us the percentage of fat (body fat percentage), muscle (lean mass percentage) and water in your body.

For people who want to improve their health, lose or gain weight, amateur and professional athletes.

The measurement is free of charge during the first anamnesis consultation and CHF 20.00 during the following consultations. A short consultation of 25 minutes is possible if you only want the BiodyXpert measurement, for 65 francs.

WHO IS IT FOR?

For all teenagers from 13 years old, adults and seniors who are affected in their physical health and/or those who want to improve their diet, eating habits and figure.

DURATION

the session lasts between 45 min and 1h30 (duration agreed in advance).

LOCATION

Consultations can take place at the Neolys office, at your home, by phone or online.

REIMBURSEMENT

I am a qualified dietician, nutrition consultations (and hypnosis in the context of follow-up) are recognized and reimbursed at 90% by your basic health insurance (LAMal) on presentation of a dietetic prescription filled out by your doctor.

The LAMal reimburses up to 6 consultations. If necessary, the doctor can renew the prescription a second time.

If you do not meet the LAMal criteria, some complementary insurances cover part of the cost of consultations with a dietician. Please contact your insurance company directly.

You will find the link to download the dietetic prescription [HERE](#).

Payment method

on invoice, sent directly to your insurance company..

PRIVATE CONSULTATIONS (WITHOUT INSURANCE)

Price

130 CHF/hour

Reduced price

100 CHF/hour for schoolchildren/ students, persons receiving disability insurance and old-age pension insurance on presentation of proof

Payment method

TWINT or cash

Any appointment missed or not cancelled at least 24 hours in advance will be charged to the insurance company or you will be charged CHF 70 (for non-refunded persons).

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JULIE BOVET

Registered Dietician, Certified
Hypnotherapist, Dancer-Therapist

- Qualified Dietician, Bachelor in Nutrition and Dietetics from the Geneva School and Nutritherapist, certified in oligotherapy and naturopathic approach
- Hypnotherapist, OMNI OMNI contemporary hypnosis practitioner
- Dance and movement therapist (in progress), dancer since I am 8 years old