



Ilse Onderweegs
Functional Nutritionist and Integrative health coach

I have always been passionate about living healthy and being fit. And that grew even more when I had my two boys.

My initial background is in Sport and Exercise rehabilitation.

Over the years of training patients and clients my focus has become more on women's health, pre- & post-natal training & children's training. I also realized how important it is what you put into your mouth.

Experience

In recent years I have studied further to become a Functional Nutritionist and Integrative health coach. With a focus on women and children's health. When my eldest son was diagnosed with an autoimmune disease at age 4, I turned my pain into passion. I was driven by motivation to help my son as much as I could in a natural holistic functional approach. Today I have a big passion to help, guide, support and inspire other kids and families that struggle with illnesses.

My Approach

As a Functional Nutritionist my approach in helping individuals are slightly different than the norm. I turn myself into a "health detective", always try and seek to identify and address the root causes of disease, and views the body as one integrated system, not a collection of independent organs divided up by medical specialties. I work on the whole system, not just the symptoms. I never diagnose, treat or cure disease or illness but rather support the body to heal itself through dietary changes, supplement protocols, stress management, more sleep & exercise. On occasion I do recommend doing extra laboratory testing and other diagnostic techniques to give us a better understanding of what is going on. Rather test than guess approach.

Health is not a destination but rather a journey.

Take your health in your own hands, be your own (and your family's) health advocate.