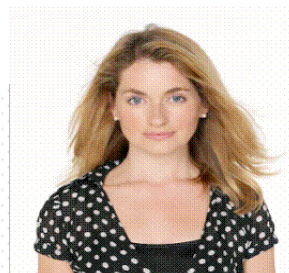


**Helen Bond**  
State Registered Dietitian



## **Helen Bond BSc. (Hons) Consultant Nutritionist and State Registered Dietitian**

Helen Bond is one of the leading Nutritionists in the UK. Helen graduated in 1996 with a 2:1 BSc. Honours degree in Dietetics from Queen Margaret University College, Edinburgh, having incorporated six months studying dietetics and applied biology at the Université des Science et Technologies in Lille, France.

She was awarded the Abbott Laboratories Prize for the student presenting the dissertation of the highest standard in the final year of the Bachelor of Science course. Helen's undergraduate research was published in the much respected journal 'Nutrition and Food Science', in addition to its presentation at the 1997 European Congress of Obesity, Dublin.

Born and brought up in Lancashire, Helen went back to her roots to train as a Basic Grade Dietitian at Royal Preston Hospital, where she gained widespread experience in many aspects of nutrition and its relationship to health.

In 1997 Helen went on to become the resident in-house nutritionist at Hill and Knowlton Public Relations Consultancy in London for 3 years providing nutritional expertise for a number of food clients. During this time, she undertook several editorial responsibilities, ranging from Editor of the health professional journal 'European Update', organiser of media briefings and nutritional seminars both in the UK and across Europe, delivering talks and presentations to various healthcare professional disciplines and drafting consumer leaflets and materials.

Since the birth of Helen's first daughter in May 2000, she started her own business and took on the position of Consultant Nutritionist. She currently provides assistance for several food companies, Public Relations consultancies and marketing agencies, is the nutrition voice for BBC Radio Derby and is regularly quoted in the national, consumer and health professional press.

Helen's therapeutic practice 'Castle Inn Dietetic Clinic' is in the market town of Melbourne, Derbyshire and her clinical specialities include general healthy eating, weight management, diabetes, heart health & cholesterol lowering, gastrointestinal issues, bone health, nutrition for immunity, hypertension, thyroid dysfunction, women's/men's health.

She is fully registered with the British Dietetic Association and the Health Professions Council.

**\* State Registered Dietitian (SRD) - a qualification gained following completion of a 4 year degree in Nutrition and Dietetics. State Registration is a protected title in the UK and provides your guarantee of a competent, qualified nutrition advisor. A State Registered Dietitian's unique skill is the translation of the science of nutrition into everyday information about food, health and disease. State Registered Dietitians work within a strict ethical code of conduct to provide accurate, independent and up to date information about nutrition and food.**