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metawell

personalised nutrition

MetaWell – Professional Nutrition Services for Health and Vitality


Do you need support with:

- Managing a chronic condition?
 - Managing weight?
 - Increasing vitality?
 - Optimising performance?
 - Learning to make nutritious meals using healthy ingredients bursting with flavour?
 - Educating yourself on nutrition, diet and lifestyle?
 - Changing limiting beliefs that stop you from achieving your health goals?
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MetaWell can help you!

- Personalised nutrition advice using Functional Medicine (FM):
1-to-1 personalised nutrition consultations
 - Shop - Cook - Eat:
Group cookery demos, 1-to-1 practical cookery lessons, educational supermarket tours
 - Neurolinguistic Programming (NLP):
1-to-1 NLP coaching sessions
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Come along to one of my educational cooking demos or book a practical 1-to-1 cooking session, in which you'll learn exciting ways of using healthy ingredients, along with their health benefits.



About Minna:

I'm a Registered Nutrition Practitioner with a Masters degree in nutrition science and a diploma in clinical nutrition practice. I'm a member of The British Association for Nutrition and Lifestyle Medicine (BANT), regulated by the Complementary and Natural Healthcare Council (CNHC). I'm also a qualified Neuro-Linguistic Programming (NLP) coach.

I have a passion for real food, healthy eating and health-promoting lifestyle habits and am dedicated to instilling the same love of healthy diet and lifestyle in you. I'm a keen cook, recipe creator and food blogger. I'd love to help you achieve your health goals and inspire you to get creative in the kitchen with exciting nutritious ingredients.



Minna Wood
Founder of MetaWell





MetaWell clinic is located in Bracknell.
For further information about our
services, or to book your free 15-minute
phone consultation to see how nutritional
therapy can help you achieve your health
goals, please get in touch,
I'm happy to help!

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