



Flourish Nutrition by Emily Barlow

Personalised Nutrition for Real
Results

Helping you feel your best with
practical, evidence-based nutrition.

WHY CHOOSE US?

- Evidence-based, personalised nutrition care
- Comprehensive assessments and tailored nutrition plans
- Practitioner-grade, TGA-approved supplements
- Ongoing support and accountability

OUR EXPERTISE

- Women's Health
- Gut Health & Digestion
- Hormonal Balance & Menstrual Health
- Skin Conditions (Acne, Eczema, Psoriasis)
- Fertility & Pregnancy
- Weight Management & Metabolic Health

Meet Emily

At Flourish Nutrition, we believe that nourishment is the foundation of a vibrant life. Just like a flourishing garden, your health thrives when given the right care, nutrients, and environment.

Emily is a degree-qualified Clinical Nutritionist (BHSc, AARPN) with hands-on experience in clinical nutrition and a passion for helping people manage chronic conditions, improve gut and hormonal health, and optimise overall wellbeing. She combines evidence-based practice with practical, personalised strategies, supporting clients through one-on-one consultations.



Nutritional Consultations



Our personalised consultations are designed to help you uncover the root causes of your health concerns and create a plan that fits your lifestyle. Every session includes:

- Comprehensive health and dietary assessment
- Review of current medications, supplements, and lifestyle factors
- Identification of potential nutrient deficiencies or imbalances
- Evidence-based, personalised nutrition plan tailored to your goals
- Practical strategies for sustainable dietary and lifestyle changes
- Guidance on high-quality, practitioner-grade supplements if needed
- Ongoing support and accountability through follow-up sessions

Whether your goal is to improve gut health, balance hormones, support fertility, manage weight, or enhance skin and immune health, these consultations are designed to give you clarity, confidence, and a clear path forward.



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<https://www.flourishnutrition.au/>

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or
Consults available online



FLOURISH NUTRITION

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