

# Best Children's Nutritional Therapy Company 2023 – South West England

**Brainstorm Health is clinic in the UK that focuses on supporting the health and wellbeing of children and young adults with Autism, ADHD, ADD, PANS, and PANDAS. In addition, it also works with those with behavioural and learning challenges, and food/chemical sensitivities. Here we discover more about its services and approach.**

Numerous studies have provided compelling evidence linking the well-being of our bodies to the health of our brains, with diet, gut and metabolic health playing crucial roles in the communication among brain cells. Among those leading the charge in this groundbreaking field is Stella Chadwick, the visionary founder of Brainstorm Health. With unwavering dedication, she has meticulously developed nutritional and biomedical strategies to strengthen the essential 'gut-brain' connections, with a focus on empowering children and young adults to realize their full potential. Recognised as the Best Children's Nutritional Therapy Company 2023 in South West England, Brainstorm Health employs evidence-based methodologies and a compassionate approach to enhance the health and developmental outcomes of children. By leveraging the power of Nutritional Therapy and Functional Medicine, the clinic tailors its interventions to address the unique needs of each individual's body system. In discussing their approach, Stella Chadwick explains, "Through our work, we have uncovered a significant correlation between autism and various co-occurring health issues. Utilising Nutritional Therapy and Functional Medicine, we have witnessed remarkable improvements in mood, sleep quality, engagement, anxiety reduction, aggression management, overcoming picky eating habits, and overall health." With Brainstorm Health leading the charge, a brighter, healthier future awaits children and young adults as their remarkable potential is realised.



**Stella Chadwick, Founder of Brainstorm Health**

insights into the body's inner workings. This comprehensive analysis encompasses digestion, nutrient absorption, detoxification capacity, mitochondrial health, hormonal balance, inflammatory response, as well as toxic and allergenic load, allowing for precise and effective interventions to promote optimal health. Brainstorm Health also incorporates Amino Acid therapy, a holistic approach that has shown promising results in enhancing mood modulation and overall well-being. In addition, Brainstorm Health offers Micro-immunotherapy, a safe and effective solution for conditions related to acute or chronic inflammation, particularly suitable for children. Stella Chadwick, the compassionate driving force behind Brainstorm Health, expresses her confidence in Micro-immunotherapy, noting its seamless integration with other interventions such as dietary adjustments, nutritional supplements, herbal remedies, and even prescription medications.

With their comprehensive range of services, Brainstorm Health leaves no stone unturned in their commitment to uncovering the underlying

factors affecting a child's health. Through their unwavering dedication and innovative approaches, they empower families and offer hope, paving the way for a brighter future of well-being and happiness for children and their families.

Embarking on a journey with Brainstorm Health begins with a confidential questionnaire, conveniently accessible online. This thoughtful intake process allows for a thorough review before the initial consultation, ensuring that every moment is spent efficiently. During the appointment, a dedicated Brainstorm Health Practitioner takes the time to delve into specific health concerns, explore the child's medical history, and gain a comprehensive understanding of their eating habits, lifestyle, and family background. Each Brainstorm Health Practitioner is a highly qualified Nutritional Therapist with additional training in Functional Medicine. The Brainstorm Health Practitioner identifies any necessary tests to accurately assess the child's health and investigate potential underlying issues. If relevant and recent tests have already been conducted, they are carefully considered. Brainstorm Health values open communication and encourages parents to ask questions, prioritising clarity and transparency throughout the process.

Once the required tests have been requested and the results have been obtained, the dedicated team collaboratively develops a personalised health plan designed to systematically support the child's well-being. The Brainstorm Health Practitioner curates an easily comprehensible plan for parents to implement at home, encompassing modifications to eating, sleeping, and toileting routines, alongside tailored meal plans and dietary guidance. Additionally, the plan may include targeted supplements, nutraceuticals, and herbal recommendations to further enhance health.

Due to the soaring demand for their unique services, the clinic is currently expanding its staff. Their goal is to double the number of Brainstorm Health Practitioners this year to extend their reach and impact as many lives as possible. To ensure the integrity of Brainstorm Health's approach, new staff members undergo an extensive in-house training program lasting a minimum of 12 months. Even after completing their training, ongoing support and mentorship are readily available, and the team regularly convenes to discuss patient cases. Stella Chadwick, the driving force behind Brainstorm Health, frequently arranges sessions with specialist speakers, fostering a culture of continuous learning and fuelling curiosity within their evidence-based practice.

Brainstorm Health's approach has consistently proven transformative, enabling children to flourish and positively impacting their overall well-being. With services thoughtfully tailored to each individual, they have garnered remarkable results, as echoed by their clients' heartfelt testimonials. For instance, one parent shares, "Izzy and I had an amazing conversation last night. She feels even more healed in the past couple of months, experiencing infrequent trauma flashbacks and significantly reduced back pain, now rating it at 1-2/10 instead of the previous 9/10. She's now socialising on the phone and even engaging in video chats with numerous friends. She has blossomed into an amazing young lady, and while her journey has been challenging, it has shaped her into a resilient, caring, and empathetic human being. We acknowledge that we can never fully repay what you've done for her! The impact you have on the children you treat, as well as their parents, cannot be adequately expressed in words."

Stella Chadwick will be a featured speaker at this year's Thinking Autism Conference, taking place on October 7th and 8th. As the pinnacle event on the medical and biomedical calendar for the autism community in 2023, the conference will gather renowned experts from the global medical and research community. Attendees can expect to gain insights into the latest cutting-edge research and evidence-based practices



aimed at promoting optimum health for children and adults with autism. To learn more about this event you can visit the Thinking Autism website [www.thinkingautism.org.uk](http://www.thinkingautism.org.uk).

As Brainstorm Health continues to expand, we eagerly anticipate their services becoming accessible to an even broader audience. To learn more about their exceptional offerings, visit the Brainstorm Health website and reach out to a member of their dedicated team.

Contact: Stella Chadwick  
Email: [contact@brainstormhealth.co.uk](mailto:contact@brainstormhealth.co.uk)  
Phone: +44 (0)207 043 5165  
Company: Brainstorm Health  
Web Address: <https://www.brainstormhealth.co.uk/>