



WHAT CLIENTS SAY ABOUT WORKING WITH ME

Sally lost 1st and 5lbs,

"The Happy and Healthy Weight Loss programme with Janice really lived up to its name. I've lost 1 stone and 5 lbs. I have so much more energy, feel more positive and able to make healthier food choices. I'm sleeping better, and my brain is so much clearer. This is so sustainable; I feel I can do it forever.

Janice was so supportive and positive. I liked the personal touch. She was always honest and down to earth and so passionate about nutrition and provided loads of resources each week.

Before I started, I was fed up losing weight and put it back on again. I had no energy and was a bit worried about T2 Diabetes. My clothes didn't fit, and I felt sluggish. I wanted to be healthier as I got older and be sure I had a healthy approach to weight loss.

I did two sets of 8 weeks (the 2nd set at a 40% discount), just to really get the benefit."

Caroline lost all her lockdown weight,

"I wanted to lose the weight I had put on during lockdown I watched a post of Janice Tracey on Facebook, and I was impressed I then signed up to do Janice's zoom classes I find Janice really knowledgeable and helpful.

I am currently as a result eating healthy and feeling great. I also in three weeks have lost all the weight that I put on in lockdown.

I would highly recommend Janice Tracey Nutrition".

Claire is more confident and lost 13lb,

"I lost 13lb. I wanted to improve my knowledge and have an educated approach as to how and why. After working with Janice, I'm confident now that I am aging well and healthily. I'm not worried about my health as I get older.

There's no one diet that works for everyone but there is one that works for ME, and Janice helped me find it."

Marie lost 7lb and feels much healthier

"My weight soared in lockdown. I needed to lose at least 7lb but hopefully a stone (well on my way). Happy and Healthy Weight Loss Programme is not a diet but a lifestyle change promoting nutrient rich foods to achieve optimum health."

Patsy losing weight, exercising, more motivated

"I feel so much healthier. I've lost weight, started exercising and have much more confidence in planning and making meals.

Janice is brimming full of knowledge and the delivery of information during her sessions is excellent. Her enthusiasm and interest in nutrition and wellbeing gives me much needed encouragement and increases my levels of motivation which helps me achieve my goals.

I wish she would write a book."

Sarah lost 10lbs feels happier and healthier

"Janice, thank you so very much for all the help & knowledge you have given me over the last 8 weeks. I have had a fantastic time on this weight loss programme & especially on a Thursday evening catching up with all the ladies.

I hope now that my healthier & happier (food) journey has started I can continue it over the summer months.

Losing the 10lbs was a bonus."

Katie lost 7lb

"I recently attended a Happy and Healthy Weight Loss course run by Janice in order to educate myself. I have made small but significant changes and am now leading a healthier lifestyle, losing 7lb was a bonus.

A big thank you to Janice who was helpful, informative and encouraging."

Barbara better sleep, energy, and total weight loss of 2st 9lb

"After a miserable end to the year, being poorly and having no energy, I had a good friend recommend Janice to me.

I joined one of her small groups for weight loss in January and within the first week was eating so well. I couldn't believe the difference, not having the feeling of wanting to snack and not having the 'fog' feeling. I noticed my sleep and energy levels increase very quickly too.

Janice is very thorough in her guidance and explains all her topics in easy-to-understand language.

I've lost 2st and 9lbs."

Maria lost 9lb so far

"I highly recommend working with Janice. I booked a private consultation to target stress and weight loss and have continued with a series of follow up sessions to keep on track.

Janice is extremely knowledgeable in all things nutrition, and it really is amazing how positively you can improve your health and wellbeing."

Cathy says outstanding,

"Janice is such a lovely woman who makes you feel so welcome and at ease. She does a very in-depth assessment initially to make sure she is giving you all the right information. Her knowledge of nutrition is outstanding, and she delivers it in a very simple and easy to understand way. She tailor makes your programme and is encouraging and supportive throughout.

I have no hesitation whatsoever in recommending Janice; you will love meeting her".

Leanne highly recommends,

"I have known Janice for 2 years and I highly recommend her services, you are investing in yourself and your future.

Whether you want to lose weight, de- stress, feel better or just live a healthier Lifestyle Janice will guide you on your way. She is a fount of all knowledge on health and nutrition and is constantly learning and up to date.

I highly recommend."

Pauline lost weight, no craving, more energy,

"Just finished a programme with Janice on Nutrition for a Happy and Healthy Weight Loss, it was very inspiring and easy to understand. I lost weight and also, I found I wasn't hungry and craving 'wrong' food. I definitely feel I have more energy and my sleep is improving. I plan to continue using the great recipes and many ideas Janice has provided. Highly recommend this."

Jewel made small changes to make a difference,

"Janice is an excellent mentor who is very knowledgeable about health and nutrition. She is easy to listen to and breaks it down to a level which is easily understood. I never felt afraid to ask her anything I wasn't sure about, very friendly, and approachable. You don't have to make massive changes to be healthier. Just small changes, maybe one a week to start with e.g., drink more water. They all add up and make a difference. I can't recommend this lady highly enough."

Sinead has better digestion, brain clearer and less foggy,

"I wanted to learn about food, to really understand and not just be told but I needed something I could live with."

After working with Janice, I feel more positive, have much more energy and feel much more confident planning and making meals. As a bonus, my digestion is so much better and brain much clearer and less foggy"

Olivia learned so much about her thyroid condition,

"I just watched the first part of the Thyroid Webinar and even though I've been diagnosed with Hypothyroidism for the past 6 years and on medication, I learned so much about the condition that the doctors never explained to me. All I ever received was levothyroxine and a pdf page and a thyroid overview page, thank you so much for sharing all your knowledge and I'm looking forward to next week."

Nuala has a whole new perspective,

"Amazing knowledge that is shared so openly. I have just completed one of Janice's Nutrition for Healthy Weight-Loss programs and I would highly recommend you do it. I have a whole new perspective on eating well when you are a busy business-owner. 5 Stars!!!!!!"

Mandy is motivated,

"Janice is the most motivational person for weight loss and nutrition I have ever met she has taught me so much about the benefits of certain foods and to eat for

my health as well as losing weight if anyone one is struggling, she's the person to talk to and so understanding."

Joan lost 7lbs in 3 weeks and more confident about making changes,

"I recently attended a Health and Nutrition course which was run by Janice in We covered different topics over 3 nights taking in all aspects to living a happier, healthier life. The course was enjoyable and informative and taken by a very well organised and personable lady. I felt at ease to ask any questions that I had which were answered by Janice with patience and great knowledge of her subject. I took a lot of help and advice away with me which I now try to incorporate in my daily life.

There are so many conflicting stories out there about what we should eat or not, but I have come away from this course determined to eat better and more confident to make those changes in my life. This was a great workshop taken by a lovely lady and I want to thank you very much.

Ps. A wee bonus from the course is I have lost 7 lbs from the changes I have made to date. Can't be bad!"

Patricia optimising her health,

"Highly recommend Janice - I did her course recently on optimising our health through Nutrition, really enjoyed it and got great value. Janice is a professional, deeply knowledgeable, delivers a great class, and also a lovely person".

Karen highly recommends,

"Janice is a lovely warm person committed to a healthy lifestyle for everyone and so very knowledgeable in this area. Would highly recommend Janice"

Denise improved Gallbladder problems,

"I would highly recommend Janice as she has a wealth of knowledge on Nutrition & Health. I really enjoyed the Nutrition course at North Star - everyone was so friendly & encouraging. Janice has helped me to improve my diet & make healthier choices. She has also helped to improve my overall health - especially my gallbladder problems. Thank you, Janice"

Louise says the perfect balance,

Highly recommend Janice as a Nutrition and Lifestyle coach. I've just finished an Advanced Nutrition course with her that was informative, reaffirming, and supportive. All the up-to-date research mixed with lots of real experience and tips for living a healthy life - the perfect balance from such a talented lady.

Bridgeen recommends for gut health,

I would recommend Janice for her sound advice and knowledge of the food groups and those that are good for our health and in particular gut health. I have learned a lot over the two courses that I have completed with Janice and would

encourage those interested in looking after their health to listen and use her beneficial advice.

Christina loved the 10-minute recipe,s

Janice provided an excellent nutrition class for Foyle search volunteers along with a demo on quick 10-minute recipes that they can make during their break. Very informative. Looking forward to the next sessions.

Laura now medication free,

"I would highly recommend Janice for sound advice re nutrition. I attend Janice's 6-week course and it was invaluable and so worthwhile. The knowledge i gained helped me overhaul my nutrition which benefited me greatly as I have a chronic health condition, I am currently medication free which I put down to better nutrition and choices. Janice is engaging, friendly and a wealth of useful knowledge."

Sample of Client Comments from Feedback Forms

Janice is truly professional and knows exactly what she is talking about. From talking to people that she has previously helped and her social media posts it was clear to me she was a great person to seek advice from.

Janice had delivered a workshop with our Craft group. She has a warm down to earth manner and has great voice delivery. I was interested in the online option as I cannot attend the centre.

Janice has such a wealth of knowledge and very passionate about nutrition she is also keeps you motivated.

I love her approach and openness and find her extremely supportive of my health journey.

I saw her articles on Facebook and was interested as she was local, I could easily attend workshops, courses and 121.

Straight-talking. Knowledgeable. Authentic. Real.

I knew Janice previously & knew she was very motivational. Her advice is well researched and appropriate to individual needs. Most importantly I trust Janice.

She came highly recommended as a person who is passionate what she does, and she gets results.

Firstly, I was interested in one of her workshops that related to me and then joined an online course during lockdown which I am finding very helpful.

Personal and friendly approach.

Highly professional, well-trained person, excellent communicator who shares her knowledge willingly. She easily develops relationships and listens to her clients.

She sold herself to me during a routine conversation on health, her knowledge, her approach, her own diet, her lifestyle.

I didn't want to just lose weight, I wanted to lose weight healthily, while also improving the health and well-being of my family.