

About Jo

Jo Sollinger is a certified Naturopath, Nutritionist, Holistic Therapist, and Human Design Analyst, who is passionate about the healing power of food, healthy lifestyle practices, and nature-connection as pathways to restoring health.

Jo has studied Biomedicine, Functional Nutrition and Holistic Health for about twenty years. She has qualifications from the College of Naturopathic Medicine where she completed more than 100 hours of Clinical Observation and that experience was very valuable as Jo noticed how someone's emotional state has a great effect on the person's wellbeing and digestive health.

She has a particular interest in Gut health and is highly experienced in food as medicine approaches for many health challenges.

Jo loves facilitating nature-based wellness experiences, When Jo is not with clients, she can be found spending time with her family and friends, going for long walks, making her own natural products, and practising her hula hooping fun exercises.

www.josollinger.com