THE PHOENIX CHARITABLE TRUST

Cirencester & District

Registered Charity No.: 1010378

KERRY MUNSON is a Registered Nutritional Therapist and ILM Accredited Wellbeing Coach with over 16 years of clinical experience in her private practice KerryMunson.com - Smart Nutrition for Brain & Body (formerly Thinkwellness).

After experiencing the impact of Chronic Fatigue in her 20s, she specialised in Chronic Fatigue Syndrome/M.E. and Fibromyalgia and worked at a renowned London Fatigue Clinic. During this time she enabled numerous clients with complex symptoms to regain their energy and start living their lives again.

She holds a Psychology degree and has a keen interest in optimal nutrition for promoting happier and healthier brains.

She is particularly passionate about supporting the health of teenagers and young adults as this is when her own health started to falter.

As an expert speaker, she is known for her engaging and light-hearted style. She aims to empower clients of all ages to take control of their physical and mental health. Outside of work, she is inspired to create meals that ensure her 3 teenagers are thriving and, in her free time, she loves adventures and exploring new places with her family and two dogs.