

# Mrs Brenda Smith

BSc, RD, PG Dip Allergy

## Professional Profile

Mrs Brenda Smith is a Registered Dietitian, who qualified from Kings College London with a Bachelor in Science in Nutrition and Dietetics in 2009. She was awarded a Post Graduate Diploma in Allergy from Southampton University in November 2018 and qualified as a Mindful Eating Instructor from MBEAT in 2020.



Brenda has practiced as specialist gastroenterology and lead specialist weight management dietitian for NHS services and is KCL FODMAP trained. She has worked privately with adult and adolescent mental health disorders, including eating disorders and has attended further advanced training in eating disorders.

Previous to dietetics Brenda worked in finance.

Find out more at [www.dietarysolutions.co.uk](http://www.dietarysolutions.co.uk)

## Special Interests

Type 2 Diabetes (reversal), Metabolic Syndrome, lipid modification, high blood pressure, gout, weight management, polycystic ovarian syndrome (PCOS), high blood pressure, DNA diet and fitness and eating disorders.