

Louise Carder, BSc Nutr. Med., PgDip.

Louise is a Nutritional Medicine BSc graduate of the University of West London. She holds memberships with the Naturopathic Nutrition Association (NNA), the Institute for Functional Medicine (IFM) and International Lyme and Associated Disease Society (ILADS). Louise is a Complementary & Natural Healthcare Council (CNHC) Registrant and is also an Associate of the Royal Society of Medicine. Louise previously held posts as (National) Director and inaugural Head of Communications at The British Association of Applied Nutrition and Nutritional Therapy (BANT), and was also Chair of BANT's Regulatory Committee. In 2014 Louise was keynote speaker at the CAM Conference on Immunity and in 2015 Louise contributed as a chapter author to *Integrated Approaches to infertility, IVF and Recurrent Miscarriage*, edited by Justine Bold and Susan Bedford, published by Singing Dragon.

Louise runs a private practice in Lincoln where she specialises in Nutrition whilst utilising the Functional Medicine framework in which she has undertaken several years of post-graduate study. Louise also works in a part-time technical support role supporting practitioners interpret lab tests.

Louise has a growing area of specialism in inflammatory conditions, especially those associated with pathogenic/environmental triggers such as borrelia spirochetes (Lyme Disease) and co-infections or mould/mycotoxin exposure. It was a growing clinical awareness of the effect of inflammation on the brain due to these factors and other more common triggers seen frequently in nutritional practice, that led Louise to undergo training in cognitive decline therapeutics by Professor Dale Bredesen. In 2018 Louise became the first practitioner in the UK to become certified in the Shoemaker Protocol.

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