



Living Well
North Tyneside
Supporting Health and Wellbeing

Vagus Wellbeing

Nutritionist providing consultancy to individuals, businesses and the Third Sector. Specialist in the gut-brain connection, and the impact of food and lifestyle on the brain and mental health. Additionally offering, health screening and DNA testing, food tastings, drop in sessions, and group education. Sessions can be online or in person.

Vagus Wellbeing



07717216715



julie@vaguswellbeing.co.uk



2A Otterburn Road
North Shields
Tyne and Wear
NE29 9BH



www.vaguswellbeing.co.uk



@vaguswellbeing



@vaguswellbeing

Last Updated - 12th May 2023



Services

DNA Health MOT

Nutritional Therapy - Discovery call

Vitamin D and immunity

Food and mood education

Events

No Events

Activities

No Activities
