



The Editor  
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To The Editor,

We, the Nutritional Therapists of Ireland (NTOI) and Irish Association for Nutritional Therapy (IANT) are writing in response to the article "Therapists are giving dangerous diet advice", which appeared in The Evening Herald (Monday, 16th January 2012).

As the relevant bodies in Ireland we are very concerned that the Which? 'investigation', mentioned in the Evening Herald, has given a misleading view of Irish therapists.

We wish to draw your attention to the following points:

1. The Which? survey was conducted in the UK, not Ireland.
2. Nutritional Therapy applies the latest research in nutrition to address individual health needs, including the management and prevention of chronic illness, and to promote optimum health. A qualified Nutritional Therapist will always prefer using nutrients provided by food before recommending supplements, back up all recommendations with evidence-based research and never diagnose or claim to cure or treat illness. In addition, a Nutritional Therapist will use appropriate laboratory tests if needed and, with the client's permission, send results to the GP. Under NO circumstances does a Nutritional Therapist ever advise clients to stop or reduce their prescribed medication or treatment.
3. Currently, like many other professions, there is no independent regulation of Nutritional Therapy in Ireland. We would welcome any moves by the government towards addressing this anomaly. We would strongly advise any client to contact NTOI or IANT if they suspect malpractice by a Nutritional Therapist.
4. Nutritional Therapists that are members of the IANT or NTOI registers have undergone minimum three years training and the curriculum contains Anatomy, Physiology, Pathology and Nutrition looking at all of the evidence worldwide on how nutrition positively affects health. For qualified and insured Nutritional Therapists check [www.ntoi.ie](http://www.ntoi.ie) or [www.iant.ie](http://www.iant.ie)
5. According to the Which? 'investigation', only one therapist achieved a 'borderline pass'. If this was to be replicated by the whole profession then there would be an avalanche of complaints and legal actions. To date there has been no litigation against any Nutritional Therapist in Ireland.

<http://www.which.co.uk/news/2012/01/nutritional-therapists-gambling-with-your-health-276653/>

<http://conversation.which.co.uk/consumer-rights/nutritional-therapists-advice-worth-the-cost/>

Yours sincerely,

Moya Dillane  
Chairperson of NTOI

Sunette van Zyl  
Chairperson of IANT