

Qualifications, Memberships & Publications

Christa Maynard

Nutritional Therapy Practice Diploma (2019), CNELM, UK

PG.Dip. Personalised Nutrition (2018), Middlesex University, UK

Neuro Linguistic Programming Practitioner Certification (2018), UK College of Professional Development.

200-hour Yoga Alliance Certified Teacher Training (2016), Yogayama, Stockholm

PhD, Medicine (2004), University of Melbourne, Australia.
Thesis: '*Metals, Oxidative Stress and Alzheimer's Disease*'

BSc(Honours) Biochemistry (1996) University of Melbourne, Australia

BAppSc Chemistry/Biochemistry (1995), Swinbourne University of Technology, Australia

Professional memberships:

I am registered with **BANT** and **NMTF** professional bodies for nutritional therapists in the UK and Sweden respectively. Nutritional Therapy is a regulated practice in the UK, and BANT membership requires adherence to standards for education and practice in alignment with the CNHC (Complementary & Natural and Healthcare Council).

<https://bant.org.uk>

<http://nmtf.se>

Scientific publications:

Review article:

<https://www.ncbi.nlm.nih.gov/pubmed/15910549>

Original papers:

<https://www.ncbi.nlm.nih.gov/pubmed/19666572>

<https://www.ncbi.nlm.nih.gov/pubmed/19381799>

<https://www.ncbi.nlm.nih.gov/pubmed/16574231>

<https://www.ncbi.nlm.nih.gov/pubmed/12215434>

<https://www.ncbi.nlm.nih.gov/pubmed/18826962>

<https://www.ncbi.nlm.nih.gov/pubmed/20220001>

<https://www.ncbi.nlm.nih.gov/pubmed/20220001>

<https://www.ncbi.nlm.nih.gov/pubmed/21143716>

<https://www.ncbi.nlm.nih.gov/pubmed/10349858>

<https://www.ncbi.nlm.nih.gov/pubmed/12515898>