



Jennifer Medhurst

"The Imperfect Nutritionist", Founder of Jennifer Medhurst Nutrition

Jennifer Medhurst AKA “the imperfect nutritionist” is a registered nutritionist, mBANT, rCNHC with a private clinic based in London.

About Jennifer Medhurst

Jennifer believes that our individual backgrounds, preferences and needs mean that everyone will have their own imperfectly perfect way of eating. She also argues that these needs can change on a daily basis, meaning there is no one size fits all when it comes to nutrition – it’s personal and unique to everyone.

Her accessible yet evidence-based approach empowers people through education to confidently make the right decisions for their own unique body and ultimately afford them as long and healthy a life as possible. Keen to promote a positive and inclusive health message Jennifer combines ‘science-based nutritious with delicious’ in all of her work, encouraging people to embrace the joy of cooking from scratch and eating seriously tasty food.

Jennifer’s career in nutrition started almost accidentally while looking for solutions to [health issues](#) that had developed while completing her Law degree. After visiting a nutritionist, she was shocked at how quickly her symptoms eased. Many hours in the kitchen and some failed experiments later a new passion was discovered, and she set up a successful health food catering business and a food blog to share her recipes.

Yet, an increasing volume of conflicting information around diet in the public domain, and a desire to help others, compelled Jennifer to pursue her knowledge further and formally train at the College for Naturopathic Medicine, where she completed a three-year Nutrition diploma with distinction and eventually set up her clinic.

Now Jennifer’s recipe creations live on her TikTok and Instagram accounts as well as her website, reaching more than 1.5 million people to date. She provides resources to help people live healthier lives with [inspiring](#), quick, healthy and delicious recipes using common ingredients.

Jennifer doesn’t want anyone else to lose precious time to poor health simply because of a lack of information and believes eating well is the simplest way to improve overall health, prevent illness and increase the quality and length of all of our lives.

Jennifer's talks

- **Immunity and Diet**

From empowering nutrition advice to insights into how our metabolism and immune systems interact, this talk leaves attendees with plenty of practical takeaways.

- **How to go vegan healthily**

Insights into how to manage a vegan lifestyle and the wider aspects of veganism.

- **Female health and food**

Understanding how hormones influence your mental, physical and emotional health.

- **Gut Health**

Exploring what gut health means, why it's important for overall wellness and how we can optimise our gut health with small daily changes.

- **Mood and Food**

Is there a connection between feeling a certain way and the foods we eat?