



## Rachel Clarkson

### The DNA Dietitian

Rachel is on a mission to support her clients reach a greater level of personal success with nutrition solutions unique to them. Her unique background of research, clinical training and experience has led to her current position as a MSc Guest Lecturer at St Mary's University London.

## Rachel's biography

### Rachel Clarkson's background

Rachel Clarkson worked as a Clinical Dietitian in the NHS at Chelsea and Westminster hospital before setting up her private practice in London's Harley Street.

Laboratory research in inflammation during a Biomedical science BSc [inspired](#) Rachel to become an expert in preventing this underlying cause of chronic disease.

A Masters degree in Nutritional Science at King's College, London allowed her to study Nutrition at a molecular and biochemical level. Rachel's research in epigenetics has since been published in How Diet affects DNA Expression.

A further 2 years of training in Dietetics at King's College London taught Rachel expert skills in the treatment and management of medical conditions. She carried out clinical training at world renowned hospitals including The Royal Marsden (cancer specialist hospital), Imperial College Trust and St Thomas's Hospital.

### Further Qualifications

Since qualifying Rachel has continued her [professional development](#) undertaking further courses to enhance her expert dietician skills:

- LOW FODMAP diet – King's College London
- Food as medicine – Monash University
- Food and inflammation – Monash University

- Food and our genes – Monash University
- Work Ready (Corporate nutrition) – British Dietetic Association

### **Governing Bodies**

Rachel is a member of the British Dietetic Association (BDA) and registered with the Health Care Professional Council (HCPC), where she is regulated by law, and governed by an ethical code to ensure that she always works to the highest standard.

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