



Insightful interview with James Jensen; Functional Medicine Practitioner and Integrative Pharmacist.

Watch Now: <http://bit.ly/InterviewwithJames>



James and I talked about how stress, aging and hormones affects our health and what nutritional and supplements could help the majority.

The Questions I put to James were as follows;

- What is a Body Composition Analysis and why is it helpful?
- How does our body composition change with age?
- How does chronic stress affect our Hormones?
- If we eat a good Diet would we need supplements?
- What surprises you most about health care today?
- Based on the work that you do – what is the most common factor affecting people’s health today?

You can view James’s work here:

<https://australiannutritioncentre.com.au/>

<https://www.facebook.com/australiannutritioncentre>

<https://www.instagram.com/explore/locations/1029973963/australian-nutrition-centre/>

A portrait of James Jensen, a man with short dark hair and a beard, wearing a blue and white checkered shirt, smiling against a black background.	<p>Australian Nutrition Centre is a sports nutrition and health food store, combined with a natural health clinic. We're fussy with what we stock, so that you get products and service that work. We admit we're a little different. In our clinic, we primarily practice integrative medicine, which includes treating the underlying cause of illness.</p>
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