



Healing from the Inside Out: An Introduction to Functional Medicine Nutrition





You've tried everything.

The gut protocols. The food sensitivity tests.
The miracle supplements. Maybe you've gone
gluten-free, dairy-free, sugar-free...and joy free.

And yet, you're still bloated, still foggy,
still exhausted, and unsure of what your body
needs.

Modern health care often focuses on symptoms
and systems in isolation: "your gut," "your
brain," "your energy". But the human body
doesn't work like that. It's a network, not a
checklist.

You are not broken.

You are not alone.

The problem isn't your willpower—
it's the way we've been taught to
approach chronic health.

GIOVANNI BATTISTA NUSCA, MSC, CNS, FMCP
FUNCTIONAL MEDICINE PRACTITIONER
AND CLINICAL NUTRITIONIST



How can I help?

Most of the people that approach me have already “tried everything”. When you work with with me, we do it differently - and we do it together. My approach is built on the principals of Functional Medicine, Evidence-based Clinical Nutrition and one core truth: **to heal longstanding issues, we need to think in systems, not silos.**

This isn't a one-size-fits-all protocol. It's a flexible framework that helps you understand why your body is stuck - and how to shift it back into balance.

Whether it is chronic illness, Irritable Bowel Syndrome (IBS), anxiety, adrenal exhaustion, food sensitivities or unexplained fatigue, most of these issues are linked by patterns of dysfunction across systems.

Let me show you how we reset them - gently, intelligently and effectively.





6-Step Functional Nutrition Roadmap

1. Discovery

We don't just ask what's wrong — we uncover why it's happening. Through a detailed review of your health and lifestyle, we identify root causes. Using interviews, lab tests, and assessments, we build a personalised healing plan.



2. Piece It Together

I will consolidate all the information provided and investigate the possible root cause of health concerns and begin to map out your current imbalances. All findings will be interpreted in terms of the 7 core bodily systems (hormone, cardiovascular, gut, detox, immune, energy and structural).



3. Reflect

In our first follow-up, I'll reflect your story to ensure accuracy and that you feel heard. Together, we'll fill in medical history gaps and understand how your journey led here. This open dialogue sets the foundation for envisioning a healthier, more energised you.



4. Align

We'll work together to set meaningful health goals aligned with your values. Using initial findings, I'll create a personalised nutrition and lifestyle plan to support lasting change. We'll address challenges, revisit your "why," and reframe habits to build lasting vitality and well-being.



5. Refine

The goal is to establish vibrant health as your new normal, not return to old patterns. We'll track your progress, refine the plan, and add supportive strategies like habit stacking and relapse prevention. Together, we'll reassess symptoms, labs, and goals while addressing any persistent issues or concerns.



6. Sustain

We reinforce the mindset of **"health as a lifelong journey, not a short-term fix"**. I will help you to develop long-term, sustainable rhythms, routines and seasonal adjustments. I will empower you with self-tracking tools and autonomy while offering continued support. You will become an example to those close to you and eventually you too will **spread your health**.





Frequently Asked Questions

What is Functional Medicine?

Functional medicine is a personalized, systems-based approach that relies on the most robust scientific research to identify and address the root causes of chronic symptoms. Instead of just managing conditions, we investigate how your environment, lifestyle, and biology interact, and use lifestyle interventions to support healing, increased vitality and longevity.

How is this different from seeing a regular dietitian or doctor?

Traditional approaches often treat **symptoms** in isolation. Functional medicine looks at the whole person, across time, and connects seemingly unrelated symptoms. We interpret advanced testing, obtain a detailed timeline, and rely on collaborative goal-setting to build a nutrition and lifestyle plan that supports your body's natural healing capacity.

Do I need lab tests to get started?

Not necessarily. We begin with a detailed intake and health history. If your symptoms suggest deeper imbalances, I may recommend targeted lab tests, but we can often start with foundational changes first.

Is this only about food?

Food is a key part, but not the only part. There are several pillars of health, each serving a vital part of the whole. I will also address sleep, stress, physical activity, gut health, relationships, purpose and mindset. Health is multi-dimensional, and so is the plan we build together.

What if I've already tried everything?

Many of my clients come to me as a "last resort" after years of unresolved symptoms. Functional nutrition offers anew framework that's root-cause focused and deeply personalized, not one-size-fits-all.



Frequently Asked Questions

How long before I start to feel better?

That depends on your body, the complexity of your case, and your consistency. Some clients feel noticeable shifts in the first few weeks, while others see gradual improvement over 2-3 months. The vast majority of health issues do not occur overnight, healing similarly requires time. We're building long-term resilience, not chasing quick fixes.

Will you put me on a restrictive diet?

The goal isn't deprivation - it's nourishment and balance. While we may temporarily remove foods to reduce inflammation or stress on your system, we always work toward a sustainable, enjoyable way of eating and living.

Do you offer virtual or in-person sessions?

I offer both, depending on your needs and location. Virtual appointments are just as thorough and for more flexibility.

What's the first step to get started?

We can start with a free 15-minute discovery call. Thereafter, you can book a consultation. You'll receive intake forms and questionnaires to complete in advance. This helps us make the most of our time together and begin mapping your unique health story.





My Services

I am trained to assist you in expressing that best version of yourself through nutrition and lifestyle interventions, which includes physical, emotional, and mental wellbeing.

- Metabolic issues (glucose, insulin, blood pressure, lipids, etc.)
- Gut disorders (IBS, bloating, reflux)
- Brain fog, anxiety, or mood imbalances
- Fatigue or burnout
- Hormonal issues
- Skin problems
- Autoimmune conditions
- Chronic inflammation and/or pain
- Weight-loss struggles
- Exercise/Sports/Strength Nutrition optimisation

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journey, today

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discovery call

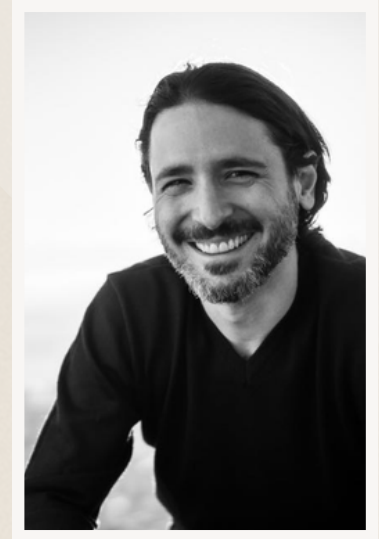
Book Now





About Me

I'm Giovanni, but everyone calls me Gio. I am a Functional Medicine Nutritionist offering personalised dietary and lifestyle interventions that aim to improve general health and wellbeing, and enhance human performance naturally. I am specialised in reversing chronic non-communicable illnesses, restoring vitality, improving epigenetic functionality, maximising physical and mental performance and improving longevity and lifespan.



I obtained my Master's Degree in Science in Human Nutrition and Functional Medicine from the University of Western States (Portland, USA) where I graduated summa cum laude with Distinction. I am a Certified Functional Medicine Practitioner (IFM) and a Board Certified Nutritional Specialist, and I am currently completing my Doctorate in Clinical Nutrition from Notre Dame of Maryland University. I also hold a post-graduate degree in Medical Biochemistry - specialising in human immunology and communicable diseases - as well as an undergraduate degree in Biochemistry and Microbiology, both from the University of Cape Town.

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