



## **Dietary Consultations**

### **Before the consultation**

Before an initial consultation you will be asked to complete a detailed confidential health and lifestyle questionnaire and a 3 day food diary. Please complete these at least 3 days prior to consultation as this allows me time to build a comprehensive picture of your lifestyle, eating habits and medical history so that I may plan how I can help you to meet your goals.

Please wear loose fitting clothing to your appointment as we'll need to take body measurements during diagnostic testing.

### **During the consultation**

Initial consultation lasts up to 1.5 hours. We will discuss your goals, and go over your health and lifestyle questionnaire and discuss any concerns you have about your health. Non-invasive diagnostic testing will be performed as part of your body composition analysis.

### **After the consultation**

Your nutrition and lifestyle report will be emailed to you within 5 working days of the consultation. Following your consultation and receipt of report reasonable email contact of one or two emails is offered to help you meet your goals. If you require any additional emails and/or phone calls please book a follow up consultation, which can be performed by phone, live chat or at your preferred clinic.

### **Nutrition and lifestyle report includes:**

- Nutritional analysis detailing 50+ nutrients (if requested, additional fee applies)
- Macro-nutrient balance
- Body composition analysis results
- Recommendations for dietary and lifestyle changes to help achieve your goals
- Weight Loss Plan (if applicable)

### **Payment & cancellation**

Payments may be made through our secure on-line booking system by credit card, debit card and PayPal. Alternatively, cheque or cash is payable in full on the day of your consultation appointment. Should you need to cancel your appointment please provide 48 hours notice.