



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 1 hour. 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 testing.

Nutritional report includes:

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

After the consultation

Your nutritional 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 telephone calls please book a telephone or live chat appointment or book a follow up consultation.

Booking, payment & cancellation

Bookings can be made on-line through our store or by telephone. Payments may be made on-line by credit/debit card (PayPal), cheque or cash is payable in full on the day of your appointment. Should you need to cancel your appointment please provide 48 hours notice.