

# Terms of Engagement

*Between the Nutritional Therapist and their client*



## 1. Introduction

Nutritional Therapy supports the body's natural healing processes through personalised nutrition and lifestyle recommendations. No claim is made as to the efficacy of any nutritional protocol. Nutritional therapy is not a substitute for medical advice or treatment.

If any 'red flag' symptoms are identified, you will be referred to your GP or appropriate healthcare professional.

## 2. Client Responsibilities

By signing this agreement you confirm that:

- You are responsible for contacting your GP about any health concerns.
- You will inform your GP about any nutritional strategies recommended.
- You will tell your Nutritional Therapist about any diagnoses, medication, supplements, or herbal remedies you are taking.
- You understand advice is personalised and may not be suitable for others.
- You will contact your Nutritional Therapist if you are unclear about any recommendation.

## 3. Initial Consultation Fee

The £175 payment covers the Initial Nutritional Consultation only.

During the Initial Consultation, the Nutritional Therapist will assess your symptoms, health history and goals and recommend the most appropriate level of support.

## 4. Package Recommendation & Agreement

After your Initial Consultation, the Nutritional Therapist may recommend one of the following:

- without a package - Initial Consultation only - **£175**
- 4 Month Package **£595** Includes the Initial Consultation and a monthly follow up consultation (maximum of 3) to be used within 4 months of the Initial Consultation. Optional monthly 15 minute check-ins included. Access to online portal and included kinesiology testing
- 6 Month Package **£795** Includes the Initial Consultation and a monthly follow up consultation (maximum of 5) to be used within 6 months of the Initial Consultation. Optional monthly 15 minute check-ins included. Access to online portal and included kinesiology testing

If you choose to proceed with a recommended package, the remaining balance (Package price above minus the £175 already paid) will be due.

No package is automatically charged without your consent following the Initial Consultation.

A standalone Initial Consultation is normally suitable only for clients with minimal symptoms and is usually agreed during the discovery call or confirmed during the Initial Consultation.

Follow up consultations must be booked within the package timeframe. Unused consultations will expire. Cancellations with less than 24 hours' notice will be deducted from your package.

## 5. Kinesiology Testing

Where kinesiology testing is agreed as part of your nutritional therapy support, it is included within a recommended package.

If kinesiology testing is requested or agreed as part of a standalone Initial Consultation, an additional fee of £50 will apply.


Kinesiology testing will only be used with your consent and where appropriate to support nutritional recommendations.

# Client Package Agreement

Please tick to confirm your understanding:

- I understand the £175 fee is for the Initial Consultation only
- I understand the Nutritional Therapist will recommend an appropriate package during the consultation and I understand additional fees may apply if I agree
- I understand a standalone consultation is usually suitable only for clients requiring minimal support unless otherwise agreed to continue with a recommended package
- I understand kinesiology testing is included within a package but an additional £50 fee applies if used during a standalone consultation
- I understand no package will be charged without my consent after the Initial Consultation
- I understand it is my responsibility to book the Follow up Consultations included in the package within the designated package time frame. Failure to do so will result in the expiration of the consultation(s) unless agreed otherwise.
- I understand if I cancel a follow up appointment less than 24 hours in advance, a charge will apply or the consultation will be deducted from the package

**Signed by Client:**

 Signature

**Signature date:**

Select date

**Nutritional Therapist signature:**

***Sarah Phipps***

# Consent Form



## ***As part of your healthcare:***

I may share your sensitive information with third parties to support your ongoing healthcare. If I do not receive this consent from you, I will not be able to coordinate your healthcare with that provided by other providers which means the healthcare provided by us may be less effective.

I may also share your contact information with biochemical testing companies to order tests as part of your healthcare, some of which maybe from outside of the European Union. If I do not receive this consent from you, I will review alternative tests from providers based within the European Union.

I seek to continuously improve my practice through professional development, a key part of which is sharing case histories with my peers through clinical supervision, online forums and discussion groups. Your name, address and contact details will never be shared. If you are happy for me to use your data for this purpose, please tick the box below to confirm your consent:

I consent to my data being used for the purpose of professional development and/or sharing data with other Healthcare Professionals should we agree on additional testing or support.

## **Marketing and information:**

I would like to contact you occasionally by email with promotional offers, information on upcoming events and activities, and newsletters.

Please tick the box to confirm your consent to be contacted for these purposes. You can withdraw your consent to the above at any time by emailing [sarah@nourishingyoursoul.co.uk](mailto:sarah@nourishingyoursoul.co.uk)

**Signed by Client:**

**Signature Date:**

Select date

Nutritional Therapist Signature: ***Sarah Phipps***

