

# TERMS OF ENGAGEMENT

Issue 2.9 March 2020

CONSCIOUS  
NUTRITION

This outlines the framework for our services at Conscious Nutrition. If there is anything you would like clarified please contact [alex@conscious-nutrition.co.uk](mailto:alex@conscious-nutrition.co.uk). Otherwise please sign the contract at the bottom of the page.

You will discuss and agree what support you want from your consultant in your first session, and review the progress and focus of your work together as you go along.

Here are the fees for our clinic appointments:

## **Nutritional Therapy:**

### **Manchester**

Initial Session (60 minutes) = £95

Follow-up Sessions (45 minutes) = £60

### **Hale**

Initial Session (60 minutes) = £95

Follow-up Sessions (45 minutes) = £60

### **Skype/Telephone**

Initial Session (60 minutes) = £95

Follow-up Sessions (45 minutes) = £60

Email support in-between sessions will incur a charge of £1.50/min but will be capped at £10 per email and there will be no charge for "clarification" emails (deemed as those that I am essentially giving you a 'yes' or 'no' and do not require me to review your notes). Equally, there will be no charge for "logistics" emails (arranging appointments, asking the address to clinic, etc etc).

Payments can be made by cash, card, bank transfer, or PayPal. You are required to pay for sessions, which are missed or cancelled, with less than **24 hours** notice.

It is important that you attend sessions regularly. However, if you do need to cancel an appointment please let your nutritional therapist know with at least **24 hours** notice. You can do this by emailing [alex@conscious-nutrition.co.uk](mailto:alex@conscious-nutrition.co.uk)

As a client of Conscious Nutrition we respect your confidentiality, there are however, some limits and exceptions to confidentiality.

If your consultant has serious concerns about your safety or the safety of another person normal confidentiality may be lifted. You will be asked to provide your GP's contact details, as someone they may contact.

Conscious Nutrition keeps a record of your name, contact details and dates and times of appointments on a password-protected database. Your consultant is required to keep brief notes about the focus of your work. These are kept securely and are password protected.

## **Working on Skype, Phone & FaceTime**

It is your responsibility to have a working internet connection for all Skype and FaceTime sessions. You will be charged for scheduled sessions if your consultant is waiting for your call, but you are unable to connect online. We will call you for any phone sessions to a UK landline or mobile number.

Our Nutritional Therapists at Conscious Nutrition practice in accordance with the British Association of Applied Nutrition & Nutritional Therapy's ethical framework and in line with Conscious Nutrition's policies regarding Equal Opportunities and Safety.

## **The Nutritional Therapy Descriptor**

Nutritional Therapy is the application of nutrition science in the promotion of health, peak performance and individual care. Nutritional therapy practitioners use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. This approach allows them to work with individuals to address nutritional balance and help support the body towards maintaining health.

Nutritional therapy is recognised as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking for support to enhance their health and wellbeing.

Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach. Practitioners never recommend nutritional therapy as a replacement for medical advice and always refer any client with 'red flag' signs or symptoms to their medical professional. They will also frequently work alongside a medical professional and will communicate with other healthcare professionals involved in the client's care to explain any nutritional therapy programme that has been provided.

The Nutritional Therapist (NT) requests that the Client notes the following -

- The degree of benefit obtainable from Nutritional Therapy may vary between clients with similar health problems and following a similar Nutritional Therapy programme.
- Nutritional advice will be tailored to support health conditions and/or health concerns identified and agreed between both parties.
- Nutritional therapists are not permitted to diagnose, or claim to treat, medical conditions.
- Nutritional advice is not a substitute for professional medical advice and/or treatment.
- Your Nutritional Therapist may recommend food supplements and/or functional testing as part of your Nutritional Therapy programme and may receive a commission on these products or services.

- Standards of professional practice in Nutritional Therapy are governed by the CNHC Code of Conduct.
- This document only covers the practice of Nutritional Therapy within this consultation, and your practitioner will make it clear if he or she intends to step outside this boundary.

The Client understands and agrees to the following –

- I am responsible for contacting my GP about any health concerns.
- give permission for you to contact my GP regarding any agreed aspects of my case
- If I am receiving treatment from my GP, or any other medical provider, I should tell him/her about any nutritional strategy provided by my nutritional therapist. This is necessary because of any possible reaction between medication and the nutritional programme.
- It is important that I tell my nutritional therapist about any medical diagnosis, medication, herbal medicine, or food supplements, I am taking as this may affect the nutritional programme.
- If I am unclear about the agreed nutritional therapy programme/food supplement doses/time period, I should contact my nutritional therapist promptly for clarification.
- I must contact my nutritional therapist should I wish to continue any specified supplement programme for longer than the original agreed period, to avoid any potential adverse reactions.
- Recording consultations using any form of electronic media is not allowed without the written permission of both me and my Nutritional Therapist.

**We understand the above and agree that our professional relationship will be based on the content of this document. We declare that all the information we share during this professional relationship is confidential and to the best of our knowledge, true and correct.**

**Client Name:**

**Signature:**

**Date:**

**NT Name:**

**Signature:**

**Date:**