

TERMS OF ENGAGEMENT –NUTRITIONAL THERAPY

Information about Nutritional Therapy

● Nutritional therapy is the application of nutrition and health science in the promotion of health, peak performance, disease prevention and individual care. Nutritional therapy practitioners follow the principles of functional medicine and use a wide range of tools to assess and identify potential nutritional and other health imbalances and understand how these may contribute to an individual's symptoms and health concerns. 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.

The Nutritional Therapist requests that the Client notes the following:

- The degree of benefit obtainable from nutritional therapy may vary between clients with similar health conditions and following a similar nutritional therapy programme.
- Nutritional advice will be individually tailored to support diagnosed 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.
- Standards of professional practice in nutritional therapy is governed by the BANT Code of Professional Practice. All information is strictly confidential and will not be disclosed to anyone, without the client's written consent (apart from laboratories used for the purposes of tests and clients under 16 years of age).

The client understands and agrees to the following:

- You are responsible for contacting your GP about any health concerns. If you are receiving treatment from your GP, or any other medical provider, you should tell him about any nutritional strategy provided by a nutritional therapist. This is necessary because of any possible reaction between medication and the nutritional programme.
- It is important to tell your nutritional therapist about any medical diagnosis, medication, herbal or other medicine, or food supplements that you are taking, as this may affect the nutritional programme.
- If you are unclear about the agreed nutritional therapy programme / food supplement doses / time period, you should contact your nutritional therapist promptly for clarification.
- You must contact your nutritional therapist should you wish to continue any specified supplement programme for longer than the agreed period to avoid any potential adverse reactions.
- You are advised to report any concerns about nutritional therapy promptly to your nutritional therapist for discussion and action.
- You give permission for the nutritional therapist to keep a record of all consultations with you and recommended diet and lifestyle programmes for you. However recording of consultations by you using any form of electronic media is not permitted without the written permission of the nutritional therapist.
- Any changes to appointments must be made at least 48 hours in advance, otherwise a penalty of full consultation fee will be charged.

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

Name of client Nutritional Therapist: Josephine Ng

Signature of client: Signature of Nutritional Therapist: 

Date..... Date:.....