

Nutritional Therapy Consultations

Fleur Brown Nutrition



"personal-nutritional-solutions"

First Consultation

Fee: £85 (cheque or cash only please)

Before you come to your first consultation, you will receive a questionnaire and 3 day food diary to complete. During the first consultation, I will go through your Questionnaire in depth and do some simple tests if relevant (e.g. blood pressure, body fat, pulse rate), in order to obtain a thorough understanding of your nutritional problems. A detailed history of health problems, medical and family history plus diet and life-style factors will be taken.

A nutritional programme will then be devised for you during the consultation, or if necessary, tests will be recommended to help reach a nutritional diagnosis. When a test is deemed necessary to help determine the underlying cause of your health problems, your nutritional programme will be devised when the results are through.

Your nutritional programme will include dietary recommendations supported by life-style changes where relevant to improve your nutritional health. Supplements based on individual needs may also be recommended if necessary. You will also receive a personal menu plan, shopping list and any relevant information concerning the nutritional treatment of your health problems. **Please allow 75 minutes for this first appt.**

Follow-up Consultations

Fee: £60 (cheque or cash only please)

The first follow-up consultation will usually take place three to four weeks after the first visit and subsequent consultations at monthly, five or six-weekly, two monthly or three monthly intervals thereafter - depending on your progress. During these follow-up visits, your progress will be assessed and adjustments to your programme will be made as necessary.

Please allow 45 minutes for follow-up consultations.

NB The consultation fees above do not include:

- the cost of any laboratory tests that may be deemed necessary
- the cost of supplements that may be prescribed as part of your treatment regime

I recommend you advise your G.P. that you are seeking nutritional help to improve your health.

Missed Appointment Charge:

Although I do accept that there are certain unforeseen circumstances where appointments cannot be kept, forgotten appointments or late cancellations with less than 24 hours notice jeopardise the efficient operation of my practice and cause unnecessary waiting time for others.

Therefore, in the case of a forgotten appointment or late cancellation (unless due to unforeseen illness), the full consultation fee will have to be charged. I would much rather avoid imposing this charge so please keep your appointment or give at least 24 hours notice.