

## **Nutritional Therapy- Philippa Parish**

Nutritional therapy health packages offer you the benefit of a focused and progressive and programme of care.

At your first consultation (lasting 1.25 hours), I will review your completed nutritional questionnaire to use your case history, symptoms, medication, food dairy and current lifestyle to assess your current status. We will then agree together your health goals and I will tailor a realistic nutritional and lifestyle programme for you to follow.

This will include a full explanation of the root causes of your health concerns and the reasons why your current diet and lifestyle are contributing to them. An individual, progressive nutritional and lifestyle programme for you, including meal and supplementation plans and advise on further testing, if required.

Follow-up consultations (45 minutes) will include a full review of your progress with the designed programme, explanation of any laboratory tests conducted, and adaptations and further assistance required, addressing any new, or persistent symptoms and details of the next stage in your personalised nutrition and lifestyle programme.

Email support is available throughout the programme

### **Health Packages**

#### **Silver £290.** *A value package*

One initial nutritional consultation and 3 follow-up appointments.

(Total payment due at the first consultation and all 4 appointments must be used within 3 months)

#### **Gold £390.** *A fully comprehensive package*

A food sensitivity test (worth £125), one full nutritional consultation and 3 follow-up appointments.

(Total payment due at the first consultation and all 5 appointments must be used within 4 months)

#### **Platinum £580.** *For those needing more continual support*

A food sensitivity test, one full nutritional consultation and 6, fortnightly follow-up appointments.

(Total payment due at the first consultation and all 8 appointments must be used within 14 weeks)