

Extra Zoom Meetings *Guide*

I offer optional extra meetings as part of your starter programme.

Type	Description	Duration	Zoom Price	In Person Price
<i>Protocol Walk-Through</i>	When you have received your postal protocol pack, I can walk you through it to help you plan out your approach to your protocol.	30 mins	£25	N/A
<i>Check-In with Mindset-Coaching</i>	Your protocol will be sent in three parts, with each part designed for you to spend one month on. In between parts we can meet for a check-in and some mindset coaching work.	45 mins	£30	£35
<i>Functional Testing Results with New Mini-Protocol</i>	You will receive your results as soon as they are ready. I can offer detailed interpretation session with explanation of the numbers and advice to restore balance and function.	1 hr	£39	£45
<i>New Symptoms</i>	If you experience new symptoms we can meet to discuss and plan next steps.	15 mins	Free	N/A
<i>Doctors/Hospital Appointments</i>	If you'd like to talk ahead of or debrief after a doctors or hospital appointment.	30 mins	£25	N/A