

Starter Programme – *Introducing Change*

Welcome! Here's what to expect.

Beginning Working Together

Thank you for Booking! | Get started completing your 3-day food diary and health questionnaire.

Initial Consultation | You'll visit the clinic for your initial face-to-face consultation. You'll need to bring some bits and pieces with you. We'll review your case history.

Lifestyle Form | Fill out the lifestyle form and return

Systems Analysis | We'll meet on Zoom to go through questions about your body, system by system.

Nutritics Analysis | I'll send you a data software nutrient analysis of 1 day of your food diary

Month 1

Protocol Part A | I'll share the first part of your protocol with you that will have will have one dietary focus and one lifestyle focus for the first month

GP Letter | I write a GP letter for all my clients that you can share with your GP to update them about your current symptoms

Recipe Poll | I'll send you a recipe list relevant to your first dietary focus. Select two and I will send you the full recipes.

Side-Effects | I'll send you a side-effects profile check list for any medications you are on to help you evaluate their benefit

Functional Testing Pro Forma Invoice | I'll send you a quotation for all the functional tests I offer for you to select from if you'd like to do any testing

Supplement Plan | I'll send you a supplement plan for up to 6 supplements recommended specifically for you

Posted Paper Pack | I'll post paper copies of everything for you to your home address

Month 2

Protocol Part B | I'll share the first part of your protocol with you that will have will have one dietary focus and one lifestyle focus for the second month

Recipe Poll | I'll send you a recipe list relevant to your second dietary focus. Select two and I will send you the full recipes.

Posted Paper Pack | I'll post paper copies of everything for you to your home address

Month 3

Protocol Part B | I'll share the first part of your protocol with you that will have will have one dietary focus and one lifestyle focus for the third month

Recipe Poll | I'll send you a recipe list relevant to your third dietary focus. Select two and I will send you the full recipes.

Posted Paper Pack | I'll post paper copies of everything for you to your home address

Completing your Starter Programme

Follow-up Consultation | You'll visit the clinic for your follow-up face to face consultation. This will be a review session. What's gone well? What's been more challenging? Have your symptoms improved?

Re-sign Proposal | At the end of the programme I will send you your re-sign proposal, outlining what we might work on next if we were to continue working together, usually after a 3-6 month break.