

Extra Support Packages

These are packages available for clients who would like extra check-ins throughout their programme. There is an option for weekly or fortnightly. Extra check-ins are used to help you plan the changes you are going to make and help keep you on track and working to a time-frame. They can help you with structure, organisation and implementation. These check-ins can be over Zoom or at the clinic (same price)

Weekly Check-Ins (12 x weekly check-ins spread across your starter programme) - £240 (12 x £20)

Fortnightly Check-Ins (6 x fortnightly check-ins spread across your starter programme) - £150 (6 x £25)

Any additional advantage of the extra support packages is that these consultations include the special sessions below such as Nutritics report support, functional testing planning and interpretation (written report priced separately), and mindset and addiction sessions, so that you do not need to pay separately for these.

One-Off Extra Sessions

Here is a guide to one-off extra sessions that can be over Zoom or at the clinic (same price)

Standard One-Off Session (1hr) - £35

This might be to discuss new symptoms, NHS/private healthcare updates, or relate to any other aspect of your programme that you would like to discuss.

Functional Testing Package

We will carry out up to a maximum of 3 functional tests during your starter programme

Functional Testing Planning Session (1hr) - £30

We can look at planning which functional tests are going to be most useful and cost-effective for you and discuss ordering, sample collection and timeframes. For example, we might use this time to decide upon DUTCH testing options, or select your biomarkers for comprehensive blood testing.

Purchasing Lab Tests – Prices vary depending on tests

I will invoice you for the tests you have chosen (I only charge you the fee the lab charges me for the test + P&P). Once you have paid for the test, I will order the test straight away and the test kit should be dispatched to your house within a few working days.

Functional Testing Interpretation Sessions – Bloods, DUTCH, Stool (1hr) - £30 + Written report - £25.

1hr consultation for detailed interpretation and naturopathic evaluation of your test results with extra written report including advice for how to restore balance and function.

Functional Testing Interpretation Sessions – SIBO, HTMA (30 mins) - £15

Special Extra Sessions

Nutritics Report and Personalised Targets Spreadsheet (1hr) - £35

If you need support reading your Nutritics report and personalised targets spreadsheet, I can talk you through these and help you plan how to meet your targets

Mindset Coaching Session (1hr) - £40

At this special extra session I will introduce you to a range of mindset coaching tools and resources to support your progress. We will discuss your personal barriers and create solutions.

Addictions Special Focus Session (1hr) - £45

A special session for support with addictions such as nicotine, alcohol, processed foods, screens or any other addictive behaviours. A naturopathic approach to breaking the cycle of harmful addictions.