

TERMS OF ENGAGEMENT:

Please read and sign before attending your first consultation and bring to the consultation.

Nutritional Therapy (also called Functional Medicine) is the application of nutrition science in the promotion of optimum health, peak performance, disease prevention and patient care.

Nutritional Therapy aims to correct the underlying biochemical imbalances (hormonal, vitamin and mineral, gut ecology or pathogens and/or impaired digestion and absorption) that may be affecting an individual's health.

The degree of benefit obtainable from Nutritional Therapy may vary between individuals with similar health problems and following a similar Nutritional Therapy programme.

Nutritional advice will be tailored to support health concerns identified and agreed by both parties and/or conditions diagnosed by a Medical Practitioner. I am not permitted to diagnose or claim to treat medical conditions.

1. You will be required to complete a Questionnaire and Food Diary prior to your first consultation. The Questionnaire should be returned to me ideally one week before the consultation, failure to do so may result in valuable consultation time being lost while I analyse the information in the Questionnaire.

2. If necessary, you may be asked to undertake some tests. The tests could be functional tests at home, through your GP or other laboratory tests and prices are not included in the consultation fee. The tests may be necessary to help inform an effective nutritional programme.

3. The programme will usually comprise dietary changes and may include the use of supplements (herbs, vitamins, minerals, amino acids, digestive aids, etc.). The cost of supplements is not included in the consultation fee.

*Important Note: Regarding tests and supplements, please note that Claudia Williamson has no business interest or business link to any specific manufacturer or supplier. A small trade profit is made by Claudia Williamson to cover administrative costs and time spent analysing results and report preparation.

4. You may be asked to seek medical advice to investigate any underlying disease or symptoms as Nutritional Therapy is not a substitute for medical advice and/or treatment.

5. You are responsible for consulting your GP about your health concerns. I advise you to inform your GP that you are undertaking a Nutritional Therapy programme and keep him/her updated throughout.

6. If you are receiving treatment from your GP or any other medical provider I advise you to inform them about the Nutritional Therapy programme provided by me due to any possible reactions between nutrients and prescribed medication.

7. You need to inform me about all medical diagnoses, medication, herbal or homeopathic medication, other complementary treatments and food supplements you are taking as this may affect the nutritional programme I devise for you.

8. You are also required to inform me of any medication, herbal or homeopathic medication, vitamin and mineral supplements or any other dietary products that you intend to take during your period of treatment with me before taking them as there can be adverse interactions between these and the programme I have devised for you. As this can have serious health consequences, failure to comply will unfortunately result in the termination of your on-going treatment with me.

9. Your nutritional programme and my advice will be based on information provided by you on the Questionnaire and during consultations. No responsibility can be accepted where diagnosed medical conditions or medication details have not been disclosed prior to my recommendations being made.

10. Success of the Nutritional Therapy will depend on your compliance with my advice. No responsibility can be accepted if compliance is not total and/or satisfactory or a third party interferes with my recommendations.

11. If you are unclear about any aspect of the agreed Nutritional Therapy programme or time period of your treatment you should contact me promptly for clarification.

12. You are requested to inform me of any concerns about your Nutritional Therapy programme promptly for discussion and action.

13. You need to contact me should you wish to continue any specified supplement programme for longer than the originally agreed period, to avoid any potential adverse reactions.

14. Payment for consultations must be made at the end of each consultation by cheque or cash.

15. An email or telephone query between appointments will not be charged for as long as it takes less than five minutes to deal with. However, if you wish to discuss any complex matters regarding your programme or your progress, you will be charged on a pro-rata basis of appointment.

16. Cancellations of consultations must be made 24 hours or more prior to the appointment time. Missed or cancelled appointments within 24 hours may be charged.

17. If I am required to write to your doctor or consultant regarding your programme a charge of £20 will be made.

18. As a member of BANT, the British Association of Applied Nutrition and Nutritional Therapy, I am governed by their Code of Ethics and Practice. If you find you have any unresolved cause to complain about the programme you receive from me you may take the matter up with BANT in writing at 27 Old Gloucester Street, London WC1N 3XX.

19. All details provided by you both verbally in a consultation and in writing will be kept confidential and will not be disclosed to a third party without your prior consent. All records are kept securely to ensure confidentiality.

I have read and agree to the terms above:

Name _____

Signature _____

Date _____