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What to Expect from Your Nutritional Consultation

The Nutrition Consultation

The initial consultation is carried out over two sessions:

The first session will concentrate on your “Nutritional Health Profile” to get an insight into your general health and a ‘Three Day Food and Drinks Diary’ which will have recorded everything that you have eaten and drunk over a 3 day period prior to the appointment. Please complete them and bring with you to the first appointment. If you don’t have time to complete the food diary don’t worry as you can do it between the first and second appointments. You may also bring in any test results you have from your doctor that you feel are relevant. This provides much valuable information about your health history, current symptoms of any chronic disorders and current lifestyle. We will also discuss an outline of what it is that you are hoping to achieve through a nutritional approach and what expectations and goals you have. These documents and discussions will form the basis of our first session of 1 hour.

The second session of this initial consultation will be for ½ an hour and will consist of feedback about the dietary changes you have made or your observations after keeping a food and drinks diary. If you have had nutritional tests I may suggest supplements at this point. I may also have done a computer analysis of the food diary depending on the accuracy of your recording. A discussion of difficulties and barriers to change may be needed along with an adaptation of the initial plan at this point.

Laboratory tests

Some laboratory tests may be necessary to establish the cause of health problems. In some cases it may be appropriate to recommend tests at the first consultation. In others, it may be deferred until a future visit. This gives time to implement dietary changes and/or a nutritional supplement programme and to assess their immediate effects, and the necessity for lab tests. The cost of laboratory tests is additional to the consultation fee and payable directly to the laboratory concerned.

Dietary Supplement Programme

If a supplemental programme is deemed to be necessary it will be designed to support your individual needs and your lifestyle. Dietary supplements are, as the name implies, supplementary to a good diet. The cost of supplements is additional to consultation fees and payable directly to the suppliers.

Cost of the Consultation

The fee for these two initial sessions is £120 in total. This is payable by cash or cheque at the first appointment. I am a recognized Pru Health Provider.

Ongoing Support/ Further appointments

The number of appointments needed to achieve your health goals will vary according to your needs. If the goals are potentially going to take a while to achieve I find that ongoing support is both necessary and advisable. Any subsequent appointments after the initial two sessions are charged at £75 for an hour session.

I am also available to give email/telephone support between appointments and will endeavor to answer your questions within two working days. Please address any queries to me at:

pamstepney@yahoo.co.uk

To book an appointment contact The Green Room. 48 Wimpole Street. London W1.

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