

Bonne Santé

Therapy Centre

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NUTRITION

HOW MANY SESSIONS WILL I NEED?

It is difficult to put a figure on how many appointments you may need as each person is different and your condition / symptoms may influence the length of treatment. In general, Nutrition often requires 2-3 sessions.

LIFESTYLE ADVICE

As part of the holistic approach you may be given advice regarding your current lifestyle to improve your health and wellbeing. Exercise or relaxation is generally a key part of this improvement particularly for clients aiming to reduce their weight.

WHY DOES IT COST MORE THAN OTHER THERAPIES?

Nutrition is not a long term therapy and clients usually receive a large amount of advice and written information including information sheets and a progress report in the first consultation. Follow-up sessions are there to assess progress and modify advice where necessary. If a client has a chronic condition it may take longer to respond. Work takes place on each client outside of the consultation as well as giving email support therefore the price reflects this.

WHAT TO EXPECT?

Prior to the first consultation you will be asked to complete a questionnaire regarding your health goals, medical history, current health, diet and lifestyle. This needs to be completed in advance along with a three-day food diary so that current food intake can be assessed as well.

WHAT HAPPENED DURING THE FIRST CONSULTATION?

This will take up to 60 minutes. Part of the time is spent discussing the questionnaire and food diary along with what you want to achieve from Nutrition. We will then discuss a dietary strategy for you based upon the information you have provided that may include dietary and lifestyle modifications. After the session I will then send you a printed strategy to support the discussion.

Price £60

WHAT HAPPENS DURING A FOLLOW-UP CONSULTATION?

Follow-up consultations last around 45 minutes with the aim of reviewing your progress since the initial session. Depending on your reason for seeking nutritional advice, this may influence how many times you need to come back. A follow-up session is usually suggested to make sure you are happy with the recommendations and that progress is being made.

Price £40

A Centre of Excellence for Complementary and Alternative Therapies in Comfortable and Relaxing Surroundings for Male and Female Clients of all Ages