



ONE on ONE NUTRITION CONSULTATION

Initial Consultation (1 hr)

This is a fact-finding session to enable me to develop a personal solution to your health goals. We will delve into your current eating patterns, health status & symptoms, medical history, family history & lifestyle.

Please bring any recent blood tests & information on medications & supplements that you may currently be taking.

Presentation of Treatment Plan (30 mins)

In this consultation you will be presented with a personal treatment plan to help you achieve your goals. This is evidence-based & will comprise:

- "Foods to Include" & "Foods to Avoid" charts
- Detailed Menu plan
- Easy to prepare 'Delicious & Nutritious' recipes
- Prescription for nutritional supplements if required
- Recommended diagnostic tests if required
- Lifestyle recommendations/strategies

\$150.00 (Total 1hr 30 mins)

Follow Up Consultations (45 mins)

In this consultation we'll review progress & adapt the treatment plan as required.

\$80.00 (45 mins)

NB Rebates are available from most Health Funds. Please check your policy for details.