



# BALANCE

nutrition and well-being

## **Nutritional Therapy Consultation Packages**

*Throughout our work together I will guide you with the tools you need to gain back your confidence, glow and vitality through balanced nutrition and lifestyle advice that is both joyful and sustainable.*

*Let me guide, inspire and support you so that you can achieve and reclaim harmony and balance in body, mind and spirit.*

### **What is Nutritional Therapy?**

Nutritional therapy aims to develop diet and lifestyle solutions that suit your individual needs, using a functional medicine approach. Each programme is highly personalized, offering tips to help educate you to make your own food choices and lifestyle habits that will work for your health and well-being not just for today but for the future too.

My aim is to inspire my clients to take control of their health by implementing practical changes that are achievable, tasty and sustainable. Throughout our sessions together my aim is to support you and guide you towards nourishing your body and tracking your progress along the way, in order for you to reach your goals!

Before seeing me for your first session I would require you to fill out a Nutritional Therapy Questionnaire, which will give me some insight into your health history, medication (if applicable), goals, health concerns and a 3-day food and lifestyle diary. I would need your questionnaire to be filled out at least 3 days before our first session to allow time for me to research into your case.

## Recommended Packages:

Each programme is tailored towards your individual goals and current health conditions.

### ❖ Balance Power Hour (€150) (60mins)

- One hour of my time, providing you with my undivided attention to answer any confusing questions you may have relating to nutrition and health
- Targeted for those who know what they are doing but would just like a brief review of their current diet & lifestyle routine and a gentle nudge in the right direction!
- To hold and confirm your power hour session, I require pre-payment of it's value of €150

### ❖ Initial Consultation (€200) (80mins)

- Before the initial consultation, I will spend 2 hours of my professional time researching and diving deep into your case. This allows me the time to outline any potential triggers, imbalances, potential nutrient deficiencies, your history, nutrient depletions from any previous/current medications and dietary/lifestyle analysis.
- This session also includes a full blood chemistry analysis.
- During the initial session, we will then discuss your health story in more detail, including your current symptoms, family history, stress levels, relationship with food, diet and lifestyle routine.
- Think of this session as the start of your health transformation. This session allows us to build a therapeutic relationship and helps me get to know you, my client and build your personalized food and lifestyle plan (& supplements, if needed).

- To hold and confirm your initial consultation I require pre-payment of it's value of €200, which is deducted from the cost of your treatment package fee (should you then decide to opt for one of the below programmes). Which treatment package you continue on can be decided at the close of your initial consultation.

### ❖ Kickstart Package (€600)

Included in this:

- 5 in person or virtual consultations
- 10 weeks of individualized support where I gradually walk you forward and help you understand how your body works and equip you with the right tools, dietary and lifestyle recommendations to suit your needs and goals
- To hold and confirm your kickstart package, I require pre-payment of it's value of either €600 upfront or the first of two monthly instalments (divided into x2 €300/monthly payments).

This comprises of an Initial consultation (80mins – details above); 2 coaching sessions (30mins each) and 2 follow up sessions (50mins each).

- Unlimited email support (response time within 24hrs; 5 days a week Mon-Fri)
- Health and Nutrition Questionnaire assessment prior to the consultation & initial consultation assessment
- Review consultations
- Current medication and nutrients interaction evaluation, if applicable
- In-depth health and lifestyle assessment to consider symptoms, medical history, family history, lifestyle and stress
- Research and analysis relating to your case
- Blood test analysis
- Coaching to identify personal challenges and overcome barriers to change
- Personalised nutrition advice and additional support handouts/recipes
- Updated personalized nutrition plans throughout the process
- Personalised supplementation plan, if required (at an additional cost)
- 10% discount on selected supplement (clinical grade brands)
- Functional testing recommendations and interpretation (if applicable; at an additional cost)

### ❖ Finding your Balance (6 month programme) (€980)

- Includes 9 in person or virtual consultations
- Commit to one-to-one nutritional therapy and coaching sessions, in which we embark on a journey to bring you home to the best version of yourself
- Impacting various area of your life and diet, in detail, including how you manage stress, your levels of movement, mindset and quality of sleep
- This journey is extremely powerful and a life-changing experience
- 6 months of individualized VIP support where I gradually walk you forward and help you understand how your body works and equip you with the right tools, dietary and lifestyle recommendations to suit your needs and goals
- This programme is targeted for individuals with chronic health conditions, weight loss, hormonal imbalances and gut issues, as well as offering a little extra support and guidance.
- To hold and confirm your package, I require pre-payment of it's value of either €980 upfront or the first of three monthly instalments (1<sup>st</sup> instalment - €350, 2<sup>nd</sup> instalment - €315, 3<sup>rd</sup> instalment - €315)

This package comprises of an initial consultation (80mins); 4 coaching sessions (30mins each) and 4 follow up sessions (50mins each).

- Unlimited email support (response time within 24hrs; 5 days a week Mon-Fri)
- Health and Nutrition Questionnaire assessment prior to the consultation & initial consultation assessment
- Review consultations
- Current medication and nutrients interaction evaluation, if applicable
- In-depth health and lifestyle assessment to consider symptoms, medical history, family history, lifestyle and stress
- Research and analysis relating to your case
- Blood test analysis
- Coaching to identify personal challenges and overcome barriers to change
- Personalised nutrition advice and additional support handouts/recipes
- Updated nutrition plans throughout the process
- Personalised supplementation plan, if required (at an additional cost)
- 10% discount on selected supplement (clinical grade brands)

- Functional testing recommendations and interpretation (if applicable; at an additional cost)

Some areas I work with include but are not limited to:

- Gut health
- Sensible advice around many aspects of women's health
- Mental and emotional health
- Fertility/pre-natal/pregnancy nutrition
- Weight issues
- Low energy/fatigue
- Stress management
- Chronic headaches/migraines
- Diabetes
- Skin health
- Thyroid health

& so much more...

*"When we optimize wellness, there is no room for disease. There is only, once again, the chance to just be well."*

**Please note:**

- When needed and possible, I will seek to work as part of a multi-disciplinary team to offer you the best advice possible
- Payments are non-refundable
- Payment plans are available on request
- All fees (payment plans included) are to be settled to secure your booking
- Please note that any cancelled appointments or service with less than 24hrs notice (unless for emergency circumstances), as well as missed appointments/no shows will be forfeited

- If starting with an initial consultation; this will be then taken off the price for a programme, if you desire to continue

*Let me guide you on your journey to optimal wellness...*