



Nutritional therapy is the application of nutrition science in the promotion of health, peak performance and individual care. Nutritional therapy is recognised as a complementary medicine and is relevant for individuals looking to enhance their health and those with chronic health conditions. The degree of benefit obtainable from Nutritional Therapy may vary between clients with similar health problems and following a similar Nutritional plan.

The nutritional therapist (NT) agrees to:

- Adhere to the British Association of Applied Nutrition and Nutritional Therapy (BANT) Code of Professional Practice
- Provide tailored nutrition advice to support your health
- Provide advice strictly within the bounds of nutritional therapy unless otherwise agreed
- Liaise with medical professionals when appropriate, but only with your express permission
- Avoid diagnosing or claiming to treat medical conditions, or suggesting nutritional therapy as an alternative to medications or as a replacement for medical advice
- Refer any serious undiagnosed symptoms for professional medical diagnosis
- Ensure that information 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 consent (see further Belen Optimum Health's privacy note and data protection policy)

The client agrees to:

- Complete a Health Questionnaire prior to the first consultation. If necessary, undertake functional tests and/or take supplements. The costs of laboratory tests and supplements are not included in the consultation fee.
- Consultations must be paid at the end of each consultation either by cash or card or in advance through Belen Optimum Health's online booking system
- Cancellations are free up to 24 hours prior to the consultation. Missed or cancelled appointments within 24 hours will be charged
- Children under 18 years of age must be accompanied by a parent or guardian. There are limits to confidentiality regarding concerns about children which reach a particular abuse threshold to Tusla, the Irish Child and Family Agency, retrospective reporting of child abuse and potential suicide.
- Tell my NT about any medical diagnosis, medication, herbal medicine or food supplements I am taking
- Contact my NT about any aspect of the nutritional plan I do not understand
- Contact my NT if I would like to continue the plan longer than the agreed time period. The NT cannot be held responsible if compliance of the plan is not satisfactory or a third party interferes with the recommendations
- Report any concerns about nutritional therapy promptly to either my NT or BANT

- Tell my GP or other medical provider about any undiagnosed health concerns

Permission for NT to contact the client's GP

I give permission for my NT to contact my GP regarding agreed aspects of my case
I deny permission for my NT to contact my GP regarding agreed aspects of my case

Client name:

NT name:

Client signature:

NT signature:

Date:

Date: