



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 nutritional therapist (NT) agrees to:

- Adhere to the Nutritional Therapist Association of Ireland (NTOI) Code of Professional Practice
- Provide tailored nutrition advice to support your health
- 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 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 72 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 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 NTOI

Permission for NT to contact the client's GP

Client name
Client signature
Date

NT name
NT signature
Date