

Terms and Conditions

Consultation Fees

Initial consultation - £97.00. Appointment 1 ½ to 1 ¾ hours – includes written summary of my recommendations and supporting information.

Follow-up consultations £65.00. Appointment 1 hour and includes written summary of additional recommendations. Quite often recommendations will be followed in an email format rather than being hand written at the appointment. If shorter appointments are more appropriate then fees will be adjusted accordingly.

Food Intolerance Tests - £135.00 Appointment 1 ½ hours and includes the cost of the test, a written summary of dietary recommendations and supporting information.

If conditions are particularly complex then we may need to book in a follow-up consultation to complete the work.

Additional Charges

Test Results

If there are detailed test results to go through, a consultation will be required so that I can interpret and explain the results. Should you decline an appointment I will release the results, however this goes against my professional advice and I would suggest you seek the guidance of another NT or GP. I cannot be held responsible if you decide to 'self-treat'.

Costs of Supplements and Tests

The cost of diagnostic tests and supplements are an additional cost – which you usually settle directly with the relevant laboratory/supplement supplier.

'Check-up' Appointments and Writing to GP's

'Check-up' Appointments (email, face to face, skype or telephone –usually between appointments) eg the further development together of individually-tailored menu plans, tweaking of supplements, going through test results, food diaries is charged at £13.75 per 15 mins of my time to write and research the answers.

What Happens at a Consultation?

Initial Consultations; I will have emailed you a comprehensive questionnaire before the appointment so that I can take a detailed case history from you so that I have a clear understanding of your needs. I will then explain my initial recommendations and the rationale for these and discuss with you the best dietary changes for you. A summary is then written up for you to take away with support material in the form of handouts and recipes and I will usually suggest a follow-up for 4 -6 weeks' time.

Follow up consultation; I work in a similar way and the appointment is usually an hour with discussion about how the programme is going, what is working what's not etc., and I may write the notes up for you whilst I am with you or email additional recommendations afterwards.

Food Intolerance Tests; I will initially take a finger prick blood sample for this test and once the test is running I will take a verbal case history from you and then once we have the test results I will then write up a dietary summary and provide you with supporting handouts and recommend a follow up for about 4 – 6 weeks' time.

Email Contact

This is only to be used if you have a query about your supplement programme or if you feel that something has made your symptoms worse or is not agreeing with you in some way or you are unsure about how to take a product i.e. "how many times per day" or "do I add it to water" if I have been unclear.

Should you need additional time then I will recommend a 'check-in' appt or skype/telephone 'check'in' appt.

When I Am Away

My administrator will be available via email on admin@thenutritiondetective.co.uk should you have a query that really can't wait until my return or an email responder will be in place saying what to do if you have concerns about your programme.

Methods of Payment

Payment is by cheque (made payable to "Fiona Mealing" or cash at the end of the consultation or BACS is fine.

Account number 89433129 and sort code 090128. Santander.

Cancellation Policy

Should you need to change or postpone your appointment please give at least 24 hours notice, so that your slot can be offered to someone else. Cancellations with less than 24 hours notice will be subject to a cancellation fee of 50% of the consultation charge and missed appointments may be charged at the full fee.