

TERMS OF ENGAGEMENT

Between The Nutritional Therapist (NT) and the client or carer

The Nutritional Therapy Descriptor

Nutritional Therapy is the application of nutritional science in the promotion of health, peak performance and individual care. Nutritional Therapy practitioners use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. This approach allows them to work with individuals to address nutritional balance and help support the body towards maintaining health. Nutritional Therapy is recognised as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking for support to enhance their health and well being.

At Brainstorm Health we consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a "one size fits all" approach. As practitioners we will never recommend Nutritional Therapy as a replacement for medical advice and always refer any client with "red flag" signs or symptoms to their medical professional. At Brainstorm Health we frequently work alongside a medical professional and will communicate with other healthcare professionals involved in the client's care to explain any Nutritional Therapy programme that has been approved.

The Nutritional Therapist (NT) requests that the client notes the following:

- The degree of benefit obtainable from Nutritional Therapy may vary between clients with similar health problems and following a similar Nutritional Therapy programme.
- Nutritional advice will be tailored to support health conditions and/or health concerns identified and agreed between both parties.
- Nutritional Therapists are not permitted to diagnose, or claim to treat, medical conditions.
- Nutritional advice is not a substitute for professional medical advice and/ or treatment.
- At Brainstorm health we may recommend food supplements and/or functional testing as part of your Nutritional Therapy programme. The cost of the supplements and tests are not included in your consultation fee and will be charged separately, directly by the laboratory and/or supplement provider.
- Standards of professional practice in Nutritional Therapy are governed by CNHC Code of Conduct.

The client understands and agrees to the following:

- I am responsible for contacting my GP about any health concerns.
- I give permission for Brainstorm Health to contact my GP regarding any agreed aspects of my case.
- If I am receiving treatment from my GP or any other medical provider, I should tell him/her about any nutritional strategy provided by Brainstorm Health. This is necessary because of any possible reaction between medication and the nutritional programme.
- It is important that I tell my Nutritional Therapist about any medical diagnosis, medication, herbal medicine, or food supplements, I am taking as this may affect the nutritional Programme.



- If I am unclear about the agreed Nutritional Therapy programme/food supplement dosage/time period, I should contact Brainstorm Health promptly for clarification.
- I must contact Brainstorm Health should I wish to continue any specified supplement programme for longer than the original agreed period, to avoid any potential adverse reactions.
- Recording consultations using any form of electronic media is not allowed without the written permission of both myself and Brainstorm Health.

General terms

- The questionnaire provided by Brainstorm Health must be completed and submitted at least 48 hours prior to the initial appointment otherwise Brainstorm Health reserves the right to change the appointment time. The link to the questionnaire will be provided with the confirmation of your appointment.
- Fees for all appointments must be paid via Paypal at the time of booking. Appointments will only be confirmed once payment has been received. Cancellations of all consultations must be made at least 5 business days prior to the time of the consultation, or **100% of the consultation fee will be charged.**
- The results of laboratory tests ordered by Brainstorm Health will only be discussed during a scheduled appointment and will be made available 48 hours before the consultation.
- The SHOP, COOK, EAT day is limited to a maximum of three family members and is ONLY for existing patients of Brainstorm Health. In order to book this event you must have had an initial consultation prior to the day of the event. The price of this service starts at £695 and will vary depending on location of the event. Additional transportation and accommodation charges may apply and will be discussed with you in full. To make enquiries please contact us at contact@brainstormhealth.co.uk. Payment for this event must be made at the time of booking. Cancellations must be made at least 5 **business days** prior to the time of the event, or **100% of the fee will be charged.**
- Public Speaking Events are bespoke and adapted to your needs and are limited to the subjects that Stella has expertise and experience in. This service is currently offered in the UK and Europe but we would be happy to discuss your specific needs in countries further afield. You can choose between a half-day event (maximum of 3 hours) and a full day event. The cost of the event does NOT include expenses. The final price will be based on your needs and our team will be happy to help. Please contact us and explain your requirements in as much detail as possible. helen@brainstormhealth.co.uk. Payment for this event must be made at the time of booking. Cancellations must be made at least 5 **business days** prior to the time of the event, or **100% of the fee will be charged.**
- Unless otherwise agreed in writing by Brainstorm Health, the copyright, intellectual property, and all other rights relating to any documentation, whether electronic or hard copy, provided by or on behalf of Brainstorm Health, will remain the property of Brainstorm Health.
- These Terms and Conditions are to be governed by the laws of England and any disputes will be decided only by the English courts.



Brainstorm Health Fees:

Appointments in Harley Street, London

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| First Appointment | 75 minutes | £275 |
| Follow Up | 75 minutes | £180 |

Appointments By Zoom/Phone

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| First Appointment | 75 minutes | £215 |
| Follow Up | 75 minutes | £145 |
| Follow Up | 30 minutes | £65 |

Additional Services:

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| Additional Written Reports | Per Hour Pro Rata | £115 |
| Shop, Cook, Eat Day with Stella | 10 AM to 5PM | From £695* |
| Public Speaking | Half day UK and Europe | £795 plus expenses** |
| Public Speaking | Full day UK and Europe | £1250 plus expenses** |

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We understand the Terms of Engagement outlined and agree that our professional relationship will be based on the content of this document. We declare that all the information we share during this professional relationship is confidential and to the best of our knowledge, true and correct.

Client or Parent/Guardian Name

Client or Parent/Guardian Signature

Date

NT Name

NT Signature

Date