

Details for Online Consultations

Functional Medicine, Personalised Nutrition

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THE OUTLINE

The purpose of this document is to offer a global overview of what is available through our nutrition and functional medicine services. We operate differently and you need to know this.

My recommendation is to first book (A) The Discovery Call followed by (B) 'Initial Consultation with Functional Health Report' (*new March 2020*), before diving into deep investigative and educational session(s) on nutrition through the (C) Consultations options.

A. The Discovery Call: Our Introduction

Having a successful therapeutic partnership is like finding a good pair of shoes. You want the perfect fit. So let's make sure we're the right fit.

- Set up your '**Discovery Call**'. Please request a time for our 15 minutes Discovery Call.
- Whether you wish run a Health MOT or simply need to address a few niggles, we can help you navigate the next steps. On the Discovery Call we can discuss your areas of concern, health goals; you learn about the process and options of services available to you (via Phone or Zoom).
- Please note, I can not offer any nutritional advice on this call.
- Client must complete questionnaire called the MSQ (Medical Symptoms Questionnaire) see (H).
- Complimentary – no obligation to book any service.

B. 'Initial Consultation' with Personalised Health Report

- Upon booking your 'Initial Consultation', you will complete (H) comprehensive intake form(s), this includes a review of your health and family history, current symptoms, current medication/supplements, lifestyle aspects and a 3-day food diary.
- **Personalised (Functional) Health Report.** Please arrange a baseline of laboratory blood tests with your GP (or I can assist) prior to our first session. Your results will be analysed and interpreted using our advanced Functional Health reporting software. **[See sample report](#) for more details.*
- Fee includes: Initial Consultation, personalised supplement plan (based on your blood work and nutrient insufficiencies), personalised health report and access to my online 'Resource Library' which can help you stay on track with your plan.
- If you do not wish to avail of The Personalised Health Report at the front end of the program we can include this report further down the line within a 6 month period.
Fee: Initial Consultation €150

C. Consultation Options

Options:

1. 'Monthly Membership'.
2. 'The ReBoot Programme'.
3. 'Pay as you Go'.

1. Monthly Membership Option

Learn how lifestyle and nutrition can help you reach your health goals.

Membership Option Includes:

- Monthly Membership: consultation time of 120 minutes, option to split into 2 x 60 minutes (bi-monthly sessions) or from month 2, 4x30 minute (weekly sessions), or can be also used for more extensive email support and dietary check-ins using the online 'Food Diary Tracking' App.
- Personalised plans and goals
 - After each session, you receive clear 'Action Steps' on diet and lifestyle changes and guidance on supplementation.
 - Track your foods i.e. macronutrients (carbs , fats, proteins) and micronutrients (mineral and vitamins).
 - Review results from your Personalised Health Report.
- In between sessions, I'm available for check-ins via email or Whats App messages if your question is straight forward i.e. without need for research. More complex questions will be addressed in the next follow-up session.
- Members within the program (membership) get priority in scheduling consultations.
- Fee: (B)'Initial Consultation': €150 + 'Monthly Membership' of €199 per month.

Additional Labs

- If you order an advanced lab test (digestive health, hormonal panel etc, interpretation of lab report takes time to review and research. Interpretation fees start from €60 per 30 mins or can be offset using one of your monthly sessions.

2. The ReBoot Programme

Through this 12-week programme, I am able to offer you more concentrated support and so that together we can bring you back to good health as quickly as possible. By working closely together, it allows me to better understand you, your health concerns and the challenges that life may throw your way, as well as supporting you and motivating you when life tries to throw you off track.

Includes all the features of the Monthly Membership and more.

- Initial 75-minute full functional nutrition and lifestyle assessment
- Weekly or bi-monthly follow-up sessions (30 - 60 minutes per session)
- A combination of nutrition and lifestyle techniques throughout the program.
- Personalised plans and weekly goals
- Handouts and any additional support material.
- Access to Resource library
- Analysis and research of two functional lab tests we may order.

Fee: 'Initial Consultation': €150 + 'ReBoot Programme': €550.

Payment made in full or two split into two, invoiced in advance.

3. Pay-As-You-Go Consultations

Includes:

- Personalised plans and goals
- After each session, you receive clear 'Action Steps' on diet and guidance on supplementation.
- Personalised (Functional) Health Report: receive an in-depth analysis of your blood lab results and receive solution to address any nutrient insufficiencies through foods and supplements.

Fee:

- Initial Consultation: €150.
- Follow-Up Consultations: 120 € / hr. or pro rata (e.g. €30 for 15 minutes, or 45 minute consultation is €90).
- Personalised (Functional) Health Report - Interpretation of your GP standard bloods is €50 per report.

Consultation Rates

Description	Rates	Time	Consultation Type
Discovery Call	Free	15 mins	'Meet and Greet'
Personalised Functional Health Report	€150	60-75mins	Analysis of GP results with Action Steps
Initial Consultation	€150	60-75mins	Discover Root Cause with Action Steps
Monthly Membership	€199	120 mins	2 x 60 mins per month
Follow Up Consultation	€120	60 mins	'Pay as You Go'
Follow Up Consultation	€60	30 mins	'Pay as You Go'
Follow Up Consultation	€30	15 mins	'Pay as You Go'
The 'ReBoot Program'	€550	3 Months	3 month program. 120 mins per month
Test Interpretation	€120	60 mins	Include time spent on your protocol does not include 1hr consultation. Tests: digestive/stool, organic acids / nutrients, hormones
Test Interpretation	€60	30 mins	As above.

Table of Consultation Rates

D. Payment Options

Payments requested in advance of sessions – my work begins before our meeting - I review your questionnaires, blood tests, diet and more.

Payments via bank transfer with no additional fee or Revolute.

Else PayPal / Stripe with an additional 3.5% transaction fee.

E. Video Consultations

Conducted via Zoom video or Whats App

F. Additional Advanced Laboratory Testing

We offer a range of advanced laboratory test such as SNPs / genetics, stool analysis, organic acids, food, hormonal and thyroid panels are available.

Test and interpretation is not included in pricing for the Monthly Membership, interpretation starts from €60 per 30mins.

Advanced laboratory tests are home based unless otherwise stated (i.e. when a phlebotomy service is required for a venous blood sample).

G. What is the Personalised Functional Health Report?

Your blood has a lot to reveal about your state of health. The Personalised Functional Health Report is a comprehensive report and analysis of your current laboratory blood results from your GPs office. Using our advanced software we analyse your results to identify imbalances in key areas such as inflammation, hormones, digestion, nutrient status, heart health and more. We tailor your Personalised Health Plan utilising these results. This is a straight-forward and smart way to optimise your current health, learn more about your health status and tailor nutrient / supplements / foods to support any deficiencies and imbalances.

[Sample Report: Functional Health Report](#)

[See sample report](#)

H. Questionnaires

Download questionnaires [here](#)

Contact

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