



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