



**DIANA WRIGHT**

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

Sample letter

Thank you for booking a Nutrition Consultation on

I am looking forward to working with you to improve your health and enjoyment of life.

All of the information you should need to prepare for your consultation is enclosed, comprising:

- A Nutritional Questionnaire
- A Yeast Questionnaire
- My Clinic Information
- My Nutritional Services and Price List
- A description of my current work and experience
- A map and directions

You need to complete the Nutrition and Yeast Questionnaire and bring this with you to the consultation. This will give the initial information needed to analyse your nutrient deficiencies and body system imbalances as well as describe your health concerns and current diet.

The initial consultation lasts an hour and you will receive the following:

- A mineral taste test
- An analysis of your current health
- An action plan tailored around your lifestyle and health needs
- A dietary food programme
- A supplement plan
- A suggested future testing procedure

In addition one 10 minute follow-up phone call will be booked at your consultation. This is designed to give you support as you get started on your programme and is free of charge.

Depending upon your condition, laboratory tests may be recommend such as hair mineral analysis, blood and saliva tests. These will only be carried out by agreement and if required will be charged in addition at the rates stated on the attached price list.

Full payment for services rendered must be made by cheque or credit/debit card at the time of your first appointment.

I hope that this information provides you with everything you need to know prior to your consultation and look forward to seeing you then.

Yours sincerely,

Diana Wright BSc Hons Dip ION

11 Mortens Wood  
Amersham  
Buckinghamshire  
HP7 9EQ

Tel/Fax 01494 722777  
nutrition@dianawright.co.uk  
www.dianawright.co.uk

*Working towards better health*



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## CLINIC INFORMATION

## CONSULTING HOURS

### Orchard Clinic

Monday 2.00 pm – 7.00 pm

Tuesday 9.00 am – 1.00 pm

Wednesday 2.00 am – 7.00 pm

4 Orchard Lane, Amersham. HP6 5AB

### Islington Clinic

Individually arranged

### North London Autism Clinic

Fourth Saturday in the month

Payment by donation to the Empowering Autism Today Charity, but tests to be paid directly unless receiving State Benefits.

## CONTACT FOR MESSAGES

Orchard Clinic - 01494 726228

Islington Clinic - 0207 3548883

Office - 01494 722777

## CANCELLATIONS

We do not charge for cancellations, however we would appreciate your consideration in this matter by giving us as much notice as possible.

Please telephone during office hours (not by email or answer phone message).

## CHILDREN

Children must be accompanied by an adult if under 18. We advise that the initial appointment is parents only for appointments concerning children Under 7.

However children are welcome and catered for.

## PARKING

Parking is available outside the clinic on a yellow line EXCEPT between 11-12noon. Please ensure you park away from a yellow line in those hours.

## PUBLIC TRANSPORT

If you are coming by train to Amersham Station - turn right from the station, then first right past the station car park. Keep walking until you come to Orchard lane on your right (ignore the humped back bridge immediately on your right). Walk to the other end of the road and on your right is the Orchard clinic.

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## BIOGRAPHY OF DIANA WRIGHT

BSc Hons in Food Science

Diploma in Nutritional Therapy from Institute of Nutritional Therapy

Diana has been practicing clinical nutritional therapy for 11 years. She specialises in children's nutrition, especially that of children with learning difficulties and genetic disorders, as well as womens' health, weight loss, chronic fatigue and eating disorders. She continues to value the importance of continued professional development, keeping up to date by regular reading of current research and has attended many post graduate training courses including:

- Cancer MSC module - Centre of Complementary Medicines
- Hormone Inbalances - Nutrilink (BANT approved)
- Digestive Disorders - Nutrilink (BANT approved)
- Parkinsons - ION
- Sports Nutrition - ION
- Autism - Nutrilink (BANT approved)
- Research and Development (BANT approved)
- Detoxification - Nutrilink (BANT approved)
- Osteo/Muscular - Royal Society of Medicine
- Optimum Nutrition for the Mind - Patrick Holford
- Metabolic Typing

Diana regularly provides talks for various groups and has spoken on key issues at UK and international health conferences, including:

Autism	Belgrade National Autism Conference, 2006
Diamond Black Van Anaemia	DBVA National Conference, April 2008
Nutrition and Behaviour	NHS Staffordshire Health Practitioners Training Various Teacher Training Days Talks to various schools
Nutrition for Carers and Children with Special Needs	NHS Support Groups in Berks & Bucks
Eating Disorders	Course for Eating Disorder Counsellors
Eating for Health	Talks for Professionals at the Workplace, e.g. HSBC
Sports Nutrition	London Gymnastics Group training for Olympics
Female Nutrition	Women's support groups
Weight Loss Without Dieting	Courses run regularly by Diana and Esther King (Life coach)
Fibromyalgia	Local Fibromyalgia Support group

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## NUTRITIONAL SERVICES AND PRICE LIST

### CONSULTATIONS

	Amersham	Telephone	Islington
Initial Consultation of 1 hour including mineral taste test, food resistance test, health analysis and individual programme with dietary programme and supplement plan	£80	£80	£105
Follow-up guidance of up to 15 minutes	£20	£20	£26
Follow-up guidance of up to 30 minutes	£45	£45	£52
Review Consultation (made within 6 months of Initial Consultation) of 45 minutes including analysis of symptom changes, mineral taste test, food resistance test, review of individual programme, dietary programme and supplements	£60	£67	£78

### TESTS

Hair Mineral Analysis	£60
Food Intolerances finger prick blood test	£75
Note: For the following tests payment must be made directly to the appropriate laboratory.	
Candida Antibody Profile	£70
Adrenal Stress Index	£70
Secretory Immunoglobulin A	£60
CDSA Comprehensive Stool analysis + Parasitology	£240
Metabolic Test	£240
Other tests are available on request	

### LETTERS

Doctors letter	£10
Travel letter	£10

Payments can be made by debit card, credit card or by cheque payable to Diana Wright. If your consultation is by telephone, payment details will be requested at the time of your call.

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