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FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

## TERMS OF ENGAGEMENT

### TERMS OF ENGAGEMENT BETWEEN THE NUTRITIONAL THERAPIST AND HER CLIENT

#### *THE PRACTITIONER*

Optimum nutrition helps maximise the body's natural strength and resistance, however, no guarantee of efficacy can be claimed.

The degree of benefit obtained from nutritional therapy may vary between clients with similar symptoms who follow a similar nutritional therapy programme as they will be subject to different life conditions which may influence the outcome.

Nutritional advice will be tailored to support diagnosed conditions and/or health concern identified and discussed between both parties.

A Nutritional Therapist is not a medical provider and is not permitted to diagnose, or claim to treat, medical conditions. Nutritional advice is not a substitute for professional medical advice and/or treatment.

#### *THE CLIENT*

As the client you are responsible for contacting your GP about any health concerns. If you are receiving treatment from your GP, or any other medical provider, you should advise them of any nutritional strategy being provided by a Nutritional Therapist. This is necessary because of any possible interactions between medication and the nutritional programme. At no point should you stop taking medication except at the specific direction of your GP or medical provider nor disregard medical advice given by your medical provider.

It is important that you advise your Nutritional Therapist of any medical diagnosis, medical, herbal or food supplements you are taking as this may affect the nutritional programme. If you are unclear about the agreed nutritional therapy programme/ food supplement doses/time period you must contact your Nutritional Therapist promptly for clarification. Consult your Nutritional Therapist if you wish to continue any specified supplement programme for longer than the original agreed period, to avoid any potential adverse reaction.

If you have any concerns about the Nutritional Therapy you are receiving you should discuss this promptly with your therapist so that corrective action can be taken.

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*Working towards better health*