

GABY RICHARDS RIVER NUTRITION INFORMATION FORM

Informed Consent to RIVER NUTRITION with Gaby Richards Nutritional Therapist

Nutritional therapy is practiced by non-medical professionals and is complementary to other regulated forms of healthcare in England. Consultations with a Nutritional Therapist include taking a detailed case history, performing a physical exam if relevant, creating a dietary, lifestyle and supplement plan and additional testing (if necessary), and following up on results and progression of your health. Nutritional Therapy employs a range of therapeutic techniques including dietary advice, supplements, testing, lifestyle advice and health coaching.

While the best course of action is continually sought for the patient there always exists the possibility of side effects, adverse reactions or inefficacy of treatment. Gaby Richards holds your safety and well-being as her top priority in the management of your case and welcomes all questions or concerns you may have. 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.

In agreeing to these terms, I acknowledge that:

1. Gaby Richards has in no way suggested that my being under her care should prevent me from seeking treatment from any other healthcare practitioner.
2. Gaby Richards will strive to deliver the safest and most effective interventions for my case, however there is still the possibility that side effects or adverse reactions might occur, or that therapeutic benefit may not be achieved.
3. I will inform Gaby Richards of all medical conditions I have been diagnosed with, symptoms I am experiencing, and medications I am taking/have taken in the past. I will also inform her of any new medical conditions or symptoms or medications should they arise.
4. I will inform Gaby Richards if I am pregnant or breastfeeding. I will immediately inform her should I become, or plan to become pregnant or if I begin, or plan to begin to breastfeed.
5. I will inform Gaby Richards if I do not understand any given part of the recommendations given to me or if I am uncomfortable with any aspect of my care.
6. All of the information I provide to Gaby Richards is protected by General Data Protection Regulations and is confidential unless disclosure is required by law.
7. My case information may be used for the publication of case reports or case studies. Any information concerning my identity will be excluded from publication, thus maintaining my anonymity.
8. I am free to purchase any products recommended by Gaby Richards for my treatment from a vendor of my choosing.
9. If I am unclear about the agreed nutritional therapy programme/food supplement doses/time period, I should contact Gaby Richards promptly for clarification.
10. I must contact my nutritional therapist should I wish to continue any specified supplement programme for longer than the original agreed period, to avoid any potential adverse reactions.

11. I have read and understood Gaby Richards fee and prices schedule.

New Client Package Fee £400

Initial Consultation – 90 minutes

Follow-up consultation – 45 minutes

Follow-up consultation – 45 minutes

Due to high demand, all consultations need to be booked within 16 weeks of the first appointment, unless otherwise agreed.

Payment of the package is due **via online card payment** in advance to confirm our first appointment. The client agrees to pay the total package price before the initial consultation. River Nutrition does not offer refunds once the payment has been made.

Cancellation policy:

If you need to rearrange or cancel your appointment please contact me via email at gaby@rivernutrition.uk or **reschedule via the Calendly link in your calendar invitation.**

I require at least 48 hours' notice for cancellations. Late cancellations or missed appointments will mean the client forfeits the session booked and will not receive a refund for the service missed.

I have read and understood the information presented above and that I authorise and consent to my present and future use of the Nutritional Therapy services by Gaby Richards. I understand that I may withdraw this consent at any time.