**TERMS OF ENGAGEMENT** between **Elizabeth Scott-Moncrieff** and her **client**.



Nutritional Therapy is the application of nutrition science in the promotion of health, peak performance and individual care. Nutritional therapy practitioners use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. This approach allows them to work with individuals to address nutritional balance and help support the body towards maintaining health. Nutritional therapy is recognised as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking for support to enhance their health and wellbeing.

Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach. Practitioners never recommend nutritional therapy as a replacement for medical advice and always refer any client with 'red flag' signs or symptoms to their medical professional. They will also frequently work alongside a medical professional and will communicate with other healthcare professionals involved in the client's care to explain any nutritional therapy programme that has been provided.

**Elizabeth Scott-Moncrieff requests that the Client notes the following:**

* The degree of benefit obtainable from Nutritional Therapy may vary between clients with similar health problems and following a similar Nutritional Therapy programme.
* Nutritional advice will be tailored to support health conditions and/or health concerns identified and agreed between both parties.
* 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.
* Your Nutritional Therapist may recommend food supplements and/or functional testing as part of your Nutritional Therapy programme and may receive a commission on these products or services.
* Elizabeth Scott-Moncrieff abides by the standards of professional practice in Nutritional Therapy as governed by the CNHC Code of Conduct and according to the BANT Professional Practice Handbook.

**The Client understands and agrees to the following:**

* You (the client) are responsible for contacting your GP about any health concerns.
* You give permission for Elizabeth to contact your GP regarding any agreed aspects of your case.
* If you are receiving treatment from your GP, or any other medical provider, you should tell him/her about any nutritional strategy provided by me (your nutritional therapist). This is necessary because of any possible reaction between medication and the nutritional programme.
* It is important that you inform me about any medical diagnosis, medication, herbal medicine, 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 should contact me promptly for clarification.
* You understand that the advice is personal to you and may not be appropriate for others.
* You must contact me should you wish to continue any specified supplement programme for longer than the  original agreed period, to avoid any potential adverse reactions.
* Recording of consultations using any form of electronic media is not allowed without the written permission of both you (the client) and me (your Nutritional Therapist).
* If you have any concerns about your programme, you will contact me promptly.

**We understand the above and agree that our professional relationship will be based on the content of this document. We declare that all the information we share during this professional relationship is confidential and to the best of our knowledge, true and correct.**

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| **Name:** | **Signature:** | **Date:** |
| **Client:** |  |  |
| **Practitioner:** |  |  |

**This document is confidential and a signed copy must be retained by both the Client and the Nutritional Therapist (NT)**