



4 month programme (£149 total price):

- 45 minute consultation with Sarah each month in person (if local) or via Skype
- Consultation write-up with resources, information and goals for the month
 - Weekly check in/accountability/encouragement
- Availability throughout the month for Q&A via email and WhatsApp
(*We ask clients to commit to 4 months and then review progress – we're about sustainable change which doesn't happen overnight!*)

What we WILL offer:

- Nutrition and health information in a manageable, sustainable and applicable way
- Address digestive issues (gas, bloating, discomfort), blood sugar management and gut health
- Time, effort and thought given to helping you find 'healthy' for your body
- Encouragement, accountability and inspiration to help you reach your goals
- Resources, information, inspiration and practical tips to help you fuel your body well, without guilt or shame
- Discussion around the deeper connection between health and mindset with a focus on changing patterns of thinking to change behaviour
- Help to work through unhelpful thought patterns around food and eating
- A focus on health and health-related goals
- A friendly and non-judgemental approach

What we WON'T offer:

- Medical advice – this is for your Doctor or a Dietician
- Specific weight loss programs, diets or a main focus on weight loss
- An inflexible or dogmatic approach to health
- We won't take responsibility for your health and outcomes – that bit is your job!
- A 'you-should-do-this' approach – everything we do is tailored to you and your lifestyle, we will share information and let you choose how to use it.

We look forward to working with you!

Sarah Brackett – BSc Psychology, Nutritionist, Diploma Personal Nutrition.

Dr. Andy Brackett – DClIn Psychology, BSc Psychology.