



One off 'check-in' call (£42 total price):

- 1 hour consultation with Sarah in person (if local) or via Skype
- Consultation write-up with resources, information and tips for reaching your goals.
- IDEAL FOR: specific one off health/nutrition advice, addressing a particular issue or a general health check in.

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
- 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
- Help to work through unhelpful thought patterns around food and eating
- Always 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
- 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.