

HOW CAN I HELP?



I offer expert nutrition advice to help prevent and manage diabetes and related conditions. The majority of my clients both in the NHS and privately seek my help for diabetes, pre-diabetes, raised cholesterol and/or weight loss.

If you are looking to make changes to your diet and are not sure where to begin, then please get in touch! The advice given will be specific to you and your circumstances. I will answer any questions, provide information, and explain the evidence to help you to make your own choices going forward. I will offer practical advice and tips to help you implement the changes as often things can be easier said than done!

“Dietitians are qualified and regulated health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public-health level”

– British Dietetic Association

APPOINTMENT OUTLINE

I do not offer generic diet programmes, all the advice is given on a bespoke one-to-one basis and tailored to the individual's needs and goals.

1. What does an appointment include?

- A complete assessment of your medical, diet and lifestyle history etc.
- Aims and goal setting
- Tailored advice and recommendations
- Explanation of evidence base and education as required
- Questions and answers
- Signposting and resources

2. Optional extra – personal meal plan

- For those who would like the advice translated into a more prescriptive weekly meal plan to follow. Meal plans are specific to your goals and food preferences. All meal plans are analysed to ensure optimal nutritional balance.

CHECK OUT THE GOOGLE REVIEWS!

[NKC Nutrition UK](#)

5.0 ★★★★★

APPOINTMENT TYPES

Type	Information	Fee
Virtual clinic	<p>Appointments available every alternate Friday</p> <p>Video appointments via Microsoft Teams or telephone for those who cannot access IT</p> <p>This option works well for most individuals who do not have additional needs</p>	<p>£100 for initial appointment 1 hour</p> <p>£70 for 30 minute follow-up appointment</p> <p>£200 for 1 x 1 hour initial appointment and 2 x 30 minute follow-up appointments (paid upfront) saving of £40!</p>
Home visit appointments	<p>For those living around South West London. This option is usually recommended for individuals with communication difficulties or if a whole family approach is needed</p>	<p>£130 for 1 hour</p>
Evening appointments	<p>Can be arranged depending on capacity for those who cannot attend Friday appointments</p>	<p>As above: virtual or home visit</p>

STEP BY STEP GUIDE TO GET STARTED

1. Get in touch to claim your free exploratory 15-minute phone call
2. Once you are satisfied, agree a date and time for your appointment on the phone or via email

Get ready for your appointment!

3. Complete the assessment form <https://form.jotform.com/220452693261352>
4. Pay for your appointment, payment details will be provided over email (appointment not confirmed until payment received)
5. Gather any relevant information ahead of your appointment e.g. blood test results, clinic letters, list of medication etc.
6. You can also choose to keep a food diary which can be discussed during your appointment
7. Await to receive the video link (if a virtual appointment)