

**Terms and Conditions**

**between Itziar Morate Nutrition and the client**

**The Nutritional Therapy Descriptor**

Nutritional therapy is the application of nutrition and lifestyle medicine sciences to promote health, peak performance, and individual care. Registered Nutritional Therapy Practitioners (RNTP) 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 imbalances and help support the body in maintaining health.

Nutritional therapy is recognised as a complementary medicine and is relevant for individuals with chronic conditions and those seeking support to enhance their health and wellbeing.

Here at **Itziar Morate Nutrition**, we 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. At **Itziar Morate Nutrition**, we will also frequently work alongside medical professionals and communicate with other healthcare professionals involved in the client's care to explain any nutritional therapy programme provided.

**Itziar Morate Nutrition requests that the Client note 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.

• Nutrition and lifestyle recommendations will be tailored to support health conditions and/or health concerns identified and agreed between both parties.

• RNTPs are not permitted to diagnose or claim to treat medical conditions.

• RNTPs’ recommendations are not a substitute for professional medical advice and/or treatment.

• Your RNTP 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.

• Standards of professional practice in nutritional therapy are governed by the Complementary and Natural Healthcare Council (CNHC) Code of Conduct, Ethics and Performance.

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

• I am responsible for contacting my GP about any health concerns.

• I give permission for **Itziar Morate Nutrition** to contact my GP regarding any agreed aspects of my case.

• If I receive treatment from my GP or any other medical provider, I should tell them about any nutritional recommendations **Itziar Morate Nutrition** provides. This is necessary because of any possible reaction between medication and the nutritional programme.

• It is important that I tell my RNTP about any medical diagnosis, medication, herbal medicine or food supplements I am taking, as this may affect the nutritional programme.

• If I am unclear about the agreed nutritional therapy programme/food supplement doses/time, I should promptly contact my RNTP for clarification.

• I understand that the recommendations are personal to me and may not be appropriate for others.

• I must contact my RNTPshould I wish to continue any specified supplement programme for longer than the initially agreed period to avoid potential adverse reactions.

• Recording consultations using any form of electronic media is not allowed without my RNTP's written permission.

**Confidentiality and Data Protection**

The Registered Nutritional Therapy Practitioner will keep your personal information confidential and secure, following the UK GDPR guidelines for the practice. The RNTP will not share your information with third parties without your consent. However, suppose the RNTP believes there is a risk of significant harm to yourself or another person. In that case, the RNTP may pass the information onto an appropriate authority using the legal basis of vital interest. A separate Privacy and Consent Notice is available for your review.

**General Terms**

* Fees are agreed upon before the appointment and paid in full before a face-to-face or online consultation.
* Package fees must be paid in full before the first consultation. Payments can be made by bank transfer or credit or debit card.
* Consultations will only be confirmed once payment has been received.

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* Rescheduling a consultation is free of charge up to 48 hours before the scheduled date and time. Any consultations cancelled within 48 hours of the scheduled consultation will be charged up to 50% of the total fee.
* The forms provided by **Itziar Morate Nutrition** upon booking must be completed and submitted at least 3 days before the initial consultation; otherwise, Itziar Morate Nutrition reserves the right to reschedule the consultation.
* The results of laboratory tests ordered by **Itziar Morate Nutrition** will only be discussed during a consultation and will be made available on the day of the consultation.
* Unless otherwise agreed in writing by **Itziar Morate Nutrition**, the copyright, intellectual property, and all other rights relating to any documentation, whether electronic or hard copy, provided by or on behalf of Itziar Morate Nutrition, will remain the property of **Itziar Morate Nutrition**.
* These Terms and Conditions are to be governed by the laws of England, and any disputes will be decided only by the English courts.

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

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| Client Name: |  |
| Client Signature: |  |
| Date: |  |
| RNTP Name: |  |
| RNTP Signature: |  |
| Date: |  |