

THE TONIC NUTRITION MOT

GET AMAZING RESULTS WITH OUR BRAND NEW ONLINE NUTRITION MOT'S

STARTER NUTRITION PACKAGE (to get you going)

£99.00

Assessment via questionnaire
3-day electronic dietary analysis + written report
Nutritional Therapist recommendations

ELITE NUTRITION PACKAGE (for optimum performance)

£349.00

Questionnaire plus assessment via telephone consultation (30 mins)
(Covering any health concerns, focusing on the underlying causes)
3-day electronic dietary analysis + written report
Nutritional Therapist recommendations
2nd telephone consultation (30 mins)
Personalised Food Plan*
Final 6-week follow-up (30 mins)
Letter to GP and Consultant (if appropriate)

*After discussing the best course of action, we will create for you a specific food plan, food supplemental additions and lifestyle protocol, including general fitness advice and relaxation techniques, if required. These will ultimately help your body to achieve balance [homeostasis] of energy output, recovery and relaxation that is best suited to your individual needs.

Additional follow-up sessions available at £50*

**Phone consultation (up to 40 mins)*

These packages are delivered by our very own Sarah Mockett. Sarah has a degree in Nutritional Medicine and is passionate about sharing the knowledge of how food can influence your health. She is also a member of BANT, and is registered with the Complementary and Natural Healthcare Council (CNHC), which means that she has met or exceeded the National Occupational Standards and the core curriculum for her profession. The Department of Health now recommends CNHC registered practitioners. Sarah, like all our practitioners, is fully insured.

Other testing available is Cortisol, Food Intolerance and Vitamin D.

To find out more please enquire at: nutrition@choosetonic.co.uk