



The Hale Clinic
7 Park Crescent
London
W1B 1 PF

Clinic: 020 7631 0156
Mobile: 0775 204 6218
Office: 0208 892 3824
E Mail: moorenutrition@mac.com

Many thanks for contacting Bodydoctor Nutrition.

We are unique in combining leading edge nutritional therapy with the one of the most successful personal training programmes available.

Our nutritional philosophy is founded upon the principles of optimum nutrition - simply giving yourself the best possible intake of nutrients to allow your body to be as healthy as possible and work as well as it can. It is not a set of rules. Your needs are completely unique and depend on a host of factors from your genetic make-up, the stress you are under, the health of your digestive system and the environment you are exposed to. Whether your aim is to lose weight, feel fitter and more energetic, increase physical performance, resistance to infection or extend your life span - ensuring you are optimally nourished is key.

While it is not necessary to be attending the Bodydoctor gym in order to see our nutritionists, if you are enrolled with Bodydoctor Fitness we will liaise with your trainer to ensure you get maximum benefit from your nutritional programme.

If you would like to see us please complete the questionnaire (to be brought to your appointment) and call us at Bodydoctor Fitness to book an appointment. A deposit for £50 is required at the time of booking. This can be paid by credit card or cheque.

If you have any questions you can contact us at Bodydoctor Fitness, e mail us at bodydoctor@mac.com or call me on 0775 204 6218.

I look forward to meeting you.

Kind regards

Amanda Moore

BSc (Hons) Dip ION, mBANT.



Bodydoctor Nutrition Clinic

A TEAM OF EXPERIENCED SCIENTISTS TO HELP YOU ACHIEVE YOUR GOALS

We have always passionately believed in the powerful combination of exercise together with good nutrition to achieve your health goals. The Bodydoctor Nutrition Clinic has been created because nutrition is a complex field and our team of experienced professionals can help guide you through the mine field of conflicting information available. Our nutritionists will work with you as an individual to provide inspiration and motivation. They will also use laboratory tests if necessary, to discover where your personal imbalances may lie.

Increasingly there is more and more information surrounding the use of nutritional medicine to improve health. Our approach is both scientific and holistic. We use the latest testing available to understand how your nutritional status is affecting your health. These tests may include allergy testing, nutritional evaluation, digestive analysis, hormone profiling, thyroid function or detoxification capacity for example. We then offer you detailed advice to help correct any imbalances and restore the body to optimum health.

IMPROVE VITALITY AND PERFORMANCE

You may want to improve your productivity and vitality, look younger and fitter or prepare to run the marathon. Whatever your objective, the stresses and strains of modern life can mean performance levels, concentration and energy may be less than ideal. Our nutritionists can help you improve your nutritional status, optimise your diet and support you in making necessary changes. You can feel better than you ever imagined!

SPECIALIST HELP WHEN IT'S NEEDED

Alternatively you may require specialist help to:

- Prepare for a healthy pregnancy
- Improve fertility
- Manage female hormones
- Reduce cholesterol
- Manage diabetes

- Cope with anxiety and stress
- Improve digestion
- Improve your skin

Whatever your goal, a tailored one-to-one programme with one of our nutrition experts can help.

To book a consultation please call 0207 586 6222 or e mail to bodydoctor@mac.com.

UNIQUE SERVICE

We don't see you for an hour and expect you to go away and be fixed! At Bodydoctor Nutrition we like to see a client for at least three months. During this time we aim to empower you with the tools and understanding you need to make really lasting changes.

You can choose to book consultations **by the hour or half-hour** (see fee schedule) or if you have a specific objective choose one of our **three-month programmes**.

DESIGNED TO SUPPORT YOUR LIFESTYLE

We can organise shopping visits to your local supermarket, produce personalised menus from your local cafes and restaurants, carry-out a fridge audit or see you at your place of work. These bespoke services are charged at an hourly rate.

Consultations and Tests

CLINIC LOCATION

The Bodydoctor Nutrition Clinic is situated close to our Primrose Hill gym at The Hale Clinic (www.haleclinic.com).

The Hale Clinic
7, Park Crescent
London W1B

Please call 0207 586 6222 or email to book your appointment or to discuss our approach.

CONSULTATIONS

You can either book individual consultations by the hour or enrol on one of our three-month programmes.

COSTS

Prices for consultations are shown on the fee schedule attached. If you decide to book an individual consultation rather than a programme, it is recommended that you budget for at least one follow-up. Tests may be necessary in some circumstances. These can cost between £30 and £300. If you would like to know whether it is likely you would need tests please e mail us at moorenutrition@mac.com. Some of the programmes have the cost of the tests built in to the programme price.

Many clients are given a supplement programme - costs of the programme vary from a minimum of about £2 a day for 3 months. You will be given a discount off retail price for supplements.

Your initial consultation

Your initial appointment will take about an hour. During this time we will discuss your questionnaire, explain factors relevant to your health goals and make initial recommendations. After your appointment further support information will be e mailed to you as appropriate.

Attached is a questionnaire for you to complete. Part of this form includes a three-day food diary. In our experience it is a lot better to fill this out as you go through each day, rather than retrospectively as it is surprising what you eat and drink without thinking

about it. The questionnaire covers details of your current diet and lifestyle, as well as your current health status, goals and health history. Please bring this completed form with you to your initial consultation.

Tests may be recommended if useful. For your reference, prices of the most commonly requested tests are attached. Depending on the test it may be possible to complete it from home. However, if blood tests are necessary a separate visit to our laboratory may be required.

Following your consultation you will be given detailed dietary recommendations and if appropriate a 3 month supplement programme.

Follow-ups and support

Most of our clients attend for at least one half-hour follow-up session to assess progress. In some cases this will be enough and in others a series of follow-ups may be necessary. Your follow-ups can take place face-to-face or by pre-booked telephone consultation. I am of course, also available to answer questions via e mail or telephone as you go through your programme.

PEOPLE

Our team is led by Amanda Moore who has worked with many Bodydoctor clients over previous years. Amanda obtained her BSc from Nottingham University and trained as a nutritionist with The Institute of Optimum Nutrition for a further three years, where she now also manages the nutrition clinic. Amanda also acts as a consultant nutritionist for a number of organisations, writes for magazines and journals and runs seminars on womens' and children's health. She is a registered member of the British Association of Nutritional Therapists.

Tests

We work with a number of labs offering innovative tests to give a complete understanding of an individual's picture of health. This allows your nutritionist to focus on disease prevention, correcting imbalances and identifying problems before chronic conditions and disease develop.

You will find a list of commonly used tests below. These include digestive analysis, nutritional assessments (blood, urine, hair), endocrine tests, standard blood tests (cholesterol, homocysteine, iron etc), functional tests such as adrenal stress index and detoxification capacity. Tests may not be necessary but if they are your nutritionist will recommend what is appropriate. If blood samples are required, samples are taken at one of a number of London laboratories. Appointments can be made on the day of your visit, or separately at your convenience.

Nutritional Assessments

Vitamin & Mineral Profile: Blood test to identify deficiencies or excess of key nutrients.

Isolated Nutrients: Individual assessments of nutrients such as iron, zinc, magnesium and vitamin D. Blood sample required.

Optimum Nutrition Evaluation (ONE): A powerful combination of nutritional analysis (amino acids, vitamins, minerals) as well as organic acid markers of metabolic function. This profile can help determine functional nutritional inadequacies as well as offering specific recommendations for necessary supplement.

Anaemia Profile: Folate, B12 & iron.

Hair Mineral Analysis (for toxic metals): Toxic heavy metals are found in hair at levels many times higher than in other tissues, so can be used as an indicator of long-term exposure.

Endocrine Assessments

Female Hormone Profile: Measures monthly fluctuations in oestrogen and progesterone. Useful for PMS, fluid retention, excessive menstrual bleeding, low libido, irregular cycles, cysts, infertility.

Comprehensive Thyroid Screen: To assess thyroid function, via T3, T4 and TSH together with auto-immune thyroid antibodies.

Insulin Resistance: Metabolic syndrome occurs when the normal amount of insulin secreted by the pancreas, is unable to control blood glucose levels. High levels of insulin can also cause high cholesterol, high blood pressure, high triglycerides. Useful for those with cardiovascular health risk or who find it hard to lose weight.

Menopause Profile: Assesses Oestrogen/ Progesterone levels as well as pro-carcinogenic oestrogen metabolites.

PCOS Screen: To assess various aspects of PCOS by measuring oestrogen, progesterone and testosterone over a full cycle, as well as FSH, LH and thyroid hormones.

Testosterone: For men suffering from low libido, low vitality, rapid ageing, sexual dysfunction and women with acne, hirsutism, low libido, PCOS.

Allergy and Intolerance Screens

Comprehensive food allergy profile: Food intolerances are difficult to detect. This profile measures IgE and non-IgE mediated response to a wide range of foods. In addition it is possible to measure IgG and IgE responses to particular groups of foods or inhalants. Useful for IBS, muscle and joint ache, fatigue, weight problems, hyperactivity, skin problems and anxiety.

Digestive/gastric Analysis

Various comprehensive stool analyses are available to review status of beneficial bacteria, imbalanced commensal bacteria, pathogenic bacteria, yeast and parasites.

Gut permeability, presence of **candida antibodies** and **Helicobacter pylori** may also be assessed.

Functional Tests

Adrenal Stress Index: Measuring steroid hormones. Useful for symptoms of acute anxiety, chronic inflammatory conditions, allergies, low energy, chronic fatigue, insomnia, gastric problems, insomnia, headaches, menstrual problems.

Detoxification Capacity: This profile provides an insight into the body's detoxification capacity and potential susceptibility to oxidative damage.

Chronic Fatigue Screen: This screen assesses underlying metabolic and adrenal function to provide valuable information to the practitioner.

Programmes

Individual consultations are charged at £120. In addition, we also offer programmes to allow us to work with you over a three month period or if you have a specific goal in mind. Details of the programmes are given below. Bespoke programmes can also be arranged. The charge for this service is £350.

Bodydoctor Slim-line - £350

Struggling to lose weight? What underlying imbalances may be hampering your weight-loss? Your nutritionist will work with you over 3 months to help you correct any problems* but also to help you understand how you can eat to manage your weight in a healthy and practical way in the future.

- Initial one-on-one consultation.
- Tailored dietary and supplement programme.
- 23 page information booklet.
- Menu-planning and recipe suggestions
- Food diary review by email.
- Follow-up consultations at week 6 and 12.

Re-balance -£350

A broad programme to improve digestion, hormonal balance, energy, detoxification, weight and mood. A 3 month programme.

- Individual one-to-one consultation.
- Evaluation of your goals and development of an action plan/report covering each of the above areas, as appropriate.
- Tailored dietary and supplement programme.
- Follow-up consultations at 6 and 12 weeks.

Bodydoctor Gold - £665 This is the perfect programme for those who want to delve deeper into understanding their nutritional health. The three month programme includes the Genova Diagnostics Optimum Nutrition Evaluation test which measures your amino acid, vitamin, mineral and anti-oxidant status as well as various other markers, giving a detailed picture of key areas of nutritional health to be improved.

- One-to-one consultation
- ONE Test report and interpretation
- Report highlighting key priorities
- Follow-up consultations at weeks 6 and 12.
- Tailored dietary recommendations.
- Customised supplement programme (Laboratory can manufacture this as a

customised powder formulation at extra charge).

For women only!....

Optimum Nutrition for Pregnancy - £240

To ensure optimal nutrition for your developing baby. Once you are pregnant the nutritional demands placed on your body change significantly. Your nutritionist will work with you to adapt your diet to ensure optimal nutrition for your developing baby and to monitor progress each trimester. The programme includes:

- Initial consultation to discuss your health and lifestyle and the optimum pregnancy diet.
- Follow-up consultations during trimesters 2 and 3.
- A supplement programme, if appropriate.
- Advice about whether you should be tested for nutritional deficiencies. If so the cost for tests are not included in this programme.

Bodydoctor Fertility Programme - £240

A quarter of all couples planning a baby have trouble conceiving and 30% of couples who seek medical help have 'unexplained' infertility. Ensuring you and your partner are optimally nourished can increase both your chances of conceiving naturally or by IVF.

The programme includes:

- An initial consultation to discuss the optimum diet for conception and for a healthy pregnancy.
- Toxic metal screen and blood tests for mineral status. (Additional tests may be required. Costs vary from £39-£280)
- Follow-up consultation to discuss test results
- A personalised supplement programme for the pre-conceptual period, if appropriate.

Female Balance -£290

This is a three month tailored nutrition programme specifically for women. Imbalanced female hormones can be at the root of many symptoms experienced by the modern woman such as PMS, polycystic

ovarian syndrome, weight gain, mood swings, poor skin, peri-menopausal and menopausal problems, endometriosis, infertility, stress and anxiety.

Your nutritional therapist will work closely with you to understand and correct nutritional deficiencies, review your diet and lifestyle to improve factors which can influence female hormone balance.

If appropriate, tests may be carried out (cost £40-£280), These may include thyroid hormone level checks, female hormone profile, nutritional assessments, blood tests for allergy and intolerances, adrenal stress index, digestive analysis, insulin resistance screen. Typically these tests are carried out at a laboratory close to the Hale Clinic.

The programme includes:

- An initial (1 hour) consultation to discuss your health and lifestyle and the optimum diet for healthy hormone balance.
- Follow-ups consultations (30 mins) at weeks 6 and 12.
- Organisation and interpretation of tests
- A personal, tailored dietary and if appropriate, supplement programme.
- Support via email and phone during this period.



Nutritional Therapy Questionnaire

Private and confidential

Amanda Moore BSc (Hons) DIP ION MBANT

The Hale Clinic
7 Park Crescent
London
W1B 1PF

Clinic: 0207 631 0156
Mobile: 0775 204 6218
e mail: moorenutrition@mac.com

First Name:		Last Name:	
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Address:		Tel Home:	
		Tel Work:	
		E mail:	
		Mobile:	

Occupation		Date of Birth		Age:	
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Name of Doctor:

Doctor's Address

Do you give your permission for your G.P to be consulted if necessary yes no

What is your weight?: Stone lbs or kgs

What is your height? feet inches or metres

What is your ideal weight?

Health Goals:

What are you hoping to achieve from consulting a nutritionist?

- 1.
- 2.
- 3.
- 4.
- 5.

Please list any medications you are currently taking regularly or which you take occasionally:

Regularly

Occasionally

1		1	
2		2	
3		3	

Medical History:

Please list any illnesses/operations (excluding colds and flu) starting from your childhood to any current issues.

Illnesses/operations	Age of onset	Duration	Medication

Do any of your family suffer from any of the following conditions:

Relative			Relative		
High Blood pressure			Diabetes		
Arthritis			Obesity		
Heart disease			Allergies		
Osteoporosis			Asthma		
Auto-immune disorders			Depression		
Alcoholism			Cancer		

Other:

Health Screen:

Please check if you experience any of the following:

Nausea		Rapid Heart Beat	
Diarrhoea		Tingling hands	
Vomiting		Varicose veins	
Constipation		Chest Pains	
Flatulence, belching		Bleeding gums	
Bloated feeling		Cracked lips	
Addicted to sweet foods		Split Nails	
Anxiety/Tension		Stretch Marks	
Cold Hands		White marks on nails	
Depression		Bleeding gums	
Dizziness without food		Easy bruising	
Drowsiness in day		Exhaustion after light exercise	
Excessive sweating		Slow wound healing	
Excessive thirst		Mouth ulcers	
Fatigue/listlessness		Sore tongue	
Headaches/migraine		Tooth Decay	
Hyperactivity		Backache	
Infertility		Joint pain/stiffness	

Irritability		loss muscle tone	
Lack of energy		Muscle cramps/spasms	
PMS		Prickly legs	
Slow to wake in morning		Rheumatism/arthritis	
Water Retention		Tender Muscles	
Burning/gritty eyes		Nose Bleeds	
Cataracts		Acne	
Eye pains		Dandruff	
Dry Eyes		Dry Flaky Skin	
Swollen, itchy eyes		Dull hair	
Ear aches/infections		Hair loss	

For women only:

General

Pre-menstrual symptoms

I am pregnant		Bloatedness	
I am trying to become pregnant		Tiredness	
My periods are irregular		Irritability	
I am post-menopausal		Depression	
		Breast tenderness	
		Headaches	

Lifestyle Analysis:

Please tick which of the following relate to you:

Stress Profile:

I have lower energy levels now than in the past.		I work harder than most people	
I feel guilty when relaxing		I easily become angry	
I feel anxious and tense		I often do lots of things simultaneously	
I am unclear about my goals.		I get impatient if people hold me up	
I am especially competitive		I have problems sleeping	

Glucose Tolerance Profile:

I am rarely 'awake' within 20 minutes of rising.		I exercise due to tiredness.	
I need tea or coffee to get you going in the morning.		I sweat a lot or get very thirsty.	
I have tea, coffee, sugar or cigarettes at regular intervals in the day.		I sometimes lose concentration.	
I often feel drowsy in the day.		I have less energy now than in the past.	
I get dizzy or irritable if I don't eat often.			

Immune Profile:

I get more than 3 colds a year.		I suffer from eczema, asthma, or arthritis.	
I find it hard to shift an infection.		I suffer from hayfever	
I am prone to thrush or cystitis.		I have an allergy problem	
I have taken antibiotics in the past year.		I have had a major personal loss in the last year	
I have cancer in my family.			

Cardiovascular Profile:

My blood pressure is above 140/90		I eat more than a teaspoon of sugar a day	
My resting pulse rate is over 75		I eat red meat at least 5 times a week	
I am more than a stone overweight		I add salt to my food	
I smoke more than 5 cigarettes a day		I have more than 2 alcoholic drinks a day	
I do less than 2 hours exercise a week		I have heart disease in my family	

Weight management:

Water retention		Lack of appetite	
Binge eating or drinking		Compulsive eating	
Cravings for certain foods		Unexplained Weight loss/weight gain	

Exercise Profile

How would you describe yourself? Sedentary Moderately active Active Very Active

Please specify What exercise you do:	
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Dietary Analysis:

	Yes	No
Was your diet as a child high in fat and sugar?		
Do you avoid foods containing sugar?		
Do you wash fruits and vegetables?		

What is your usual alcoholic drink?	
How many glasses do you drink a week?	
How many coffees do you drink a day?	
How many teas?	
How many times a week do you have chocolate or confectionary?	
How many slices of bread or rolls do you eat a week?	
How many times a week do you eat red meat?	

Please indicate if you have special religious, practical or medical constraints on foods which you can and cannot eat.

I have disclosed all the relevant information applicable to this consultation and my health status at this point in time. I consent to the information provided to be used by my nutritional therapist and for the therapist to liaise with appropriate health professionals.

I agree to give 24 hours notice of need to cancel my appointment and that if notice is not given I agree to pay £50 in lieu of full payment for the consultation.

Signed _____

Date _____

If you feel there is any other information you would like to add please use this space:

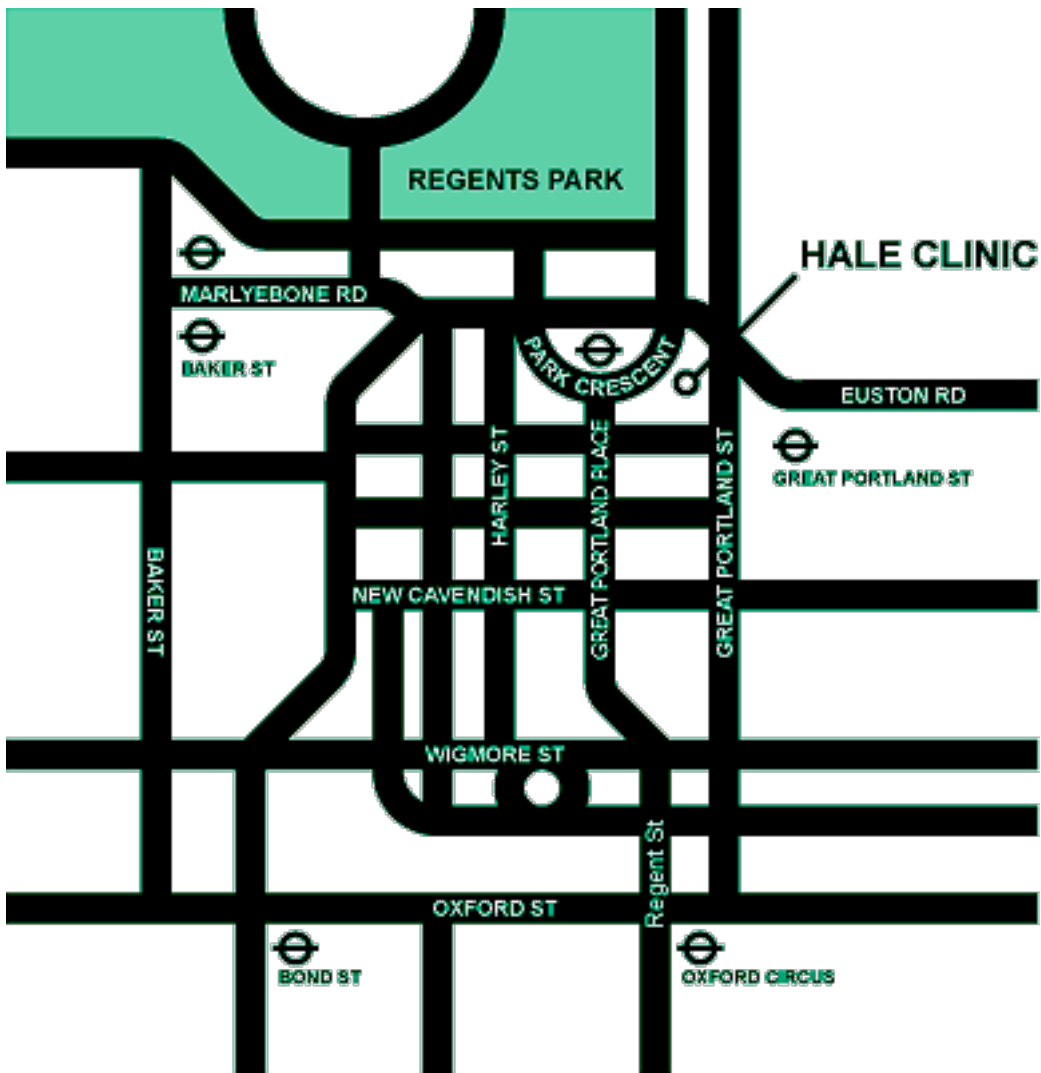
FOOD DIARY

Please complete this food diary over the next three days, writing down a detailed description of your food and drink intake. Please specify where you ate (e.g. home/restaurant), how the food was prepared (e.g. fried/grilled/steamed), whether it was frozen, pre-prepared or home-made.

Please note – If you find it easier to complete this section of the form on paper please do so and bring it with you for your consultation.

	Day 1	Day 2	Day 3
Breakfast			
Mid-Morning			
Lunch			
Afternoon			
Dinner			
Other Drinks and snacks			

Location



The Hale Clinic, 7 Park Crescent, London W1B 1PF

Tel: 020 7631 0156 **Fax:** 020 7580 5771

Email: bookings@haleclinic.com

We are 10 minutes away from Marylebone Station, Euston Station and Kings Cross mainline stations.

The Hale Clinic is OUTSIDE the Congestion Zone

Parking Meters are available outside the Hale Clinic in Park Crescent. Parking is also available in Regent's Park at a lower rate of £2 per hour.

Fee Schedule

CONSULTATION PRICES

- Initial Consultation - £120
- Follow-up Consultation (30 mins) - £65
- Follow-up Consultation (60 mins) - £120

PROGRAMMES

- Bodydoctor Slim-line - £350
- Balance - £350
- Bodydoctor Gold - £665 (Including tests)
- Optimum Nutrition for Pregnancy - £240
- Fertility Programme - £340 (including tests)

TEST PRICES

- Female Hormone Profile - £150
- Comprehensive Thyroid Screen - £80
- Insulin Resistance - £70
- Allergy and food intolerance tests (blood) - £60-£245
- Menopause Profile - £120
- PCOS Screen (Not diagnostic but to evaluate associated hormone imbalance) - £220
- Testosterone - £65
- Hair Mineral analysis – for toxic metals - £65
- Vitamin & Mineral Profile - £280
- Isolated Nutrients - £30-£50
- Adrenal Stress Index - £70
- Digestive Analysis - £70 - £266
- Digestive Microbiology or Parasitology - £70-£120
- Chronic Fatigue Screen - £240
- Helicobacter pylori - £100
- Detoxification Profile - £140
- Anaemia Profile - £85
- Optimum Nutrition Evaluation - £300