



# A Healthy View™

## Your First Consultation

### What do we do at a Nutritional Consultation?

The first step when you make a booking with any of the qualified nutritionist here at A Healthy View is fill in the Personal/Confidential Medical History we send to you. Before your consult, please collect all recent pathology and any medical records that you have to assist us in making nutritional recommendations. Please make copies and bring them with you.

### What happens during the consultation?

- ✓ Identify your goals and expectations for a healthy life.
- ✓ Review your current, past and family history- genetic predispositions
- ✓ Assess all the body systems- why? It is amazing how the body is so closely intertwined... we can pick up an area of poor health that you may not realise is connected to your health concern. For example-your headaches may be from poor bowel function.
- ✓ Assessment of body measurements and physical observations.
- ✓ We do not just weigh you. Our bio impedance scale measures your cellular hydration, muscle mass, visceral fat, bone density and more.
- ✓ Review diet from the Medical History form that was part of the form.
- ✓ Great health is a three prong approach- Sleep, Exercise and Nutrition and we discuss all of them. We will touch on stress levels, sleep habits, daily life habits and any important aspects that may be sabotaging your health on a subconscious level.

### Ok we have gathered all the facts, what happens next?

Recommendations and the reasons why we are making those recommendations

- ✓ Therapeutic diet: additions and changes in tasty, healthy foods, juices, teas and what are the benefits
- ✓ Supplements: if there are deficiencies then supplementing with a professional vitamin/mineral supplement- justification and dosing
- ✓ Lifestyle and behavioural advise: example: meditation, counselling – why and where to go, etc.
- ✓ Referral: may need further blood tests or referral to practitioner for example acupuncture, massage, or letter to GP.
- ✓ Make arrangements to speak, email or Skype within the next 14days to see how you going with new additions to your meals, supplements or test results.

### Can I use my nutritional advice in conjunction with my current GP's advice or specialists medications?

Absolutely, we encourage you to share with your doctor the new additions to your diet. Whole foods and therapeutic diets work on supporting your entire well being. All health concerns can benefit from good nutrition. Many health funds rebate your nutritional consultation.