



NATURAL MANNA
Jan Walker SNHS [Adv. Nutr.], Dip Nutr Sc/Psych, Dip Ob [NOF]

PRICE LIST

Main Consultation – held on a one-to-one basis, includes ongoing support via telephone/skype/e-mail plus client specific dietary plan. Consultations are also held at Natural Manna’s office in Rhydwyn. Clients also qualify for generous discounts on prescribed supplements. Travelling costs may be incurred for distances over 20 miles* to cover motoring costs and time.	£ 75 one-to-one £60 for Skype
Counselling CBT sessions – the 1 st session will be £30/hr or part thereof, subsequently will reduce to £25/hr for the next 4, then will reduce to £22.50/hr for the remainder of therapy.	£30 down to £22.50 per hour
Main Consultation for another member of the family of an existing client	£65.00 £50 Skype
Family Consultations – 2 adults and up to 2 children – includes all as for One to One plus a 1 week’s Meal Planner with supporting recipes	£120.00
Vitamin and Mineral Profile – Detailed questionnaire with follow up of suggested vitamin supplements and diet to relieve and prevent chronic health problems – serviced by post and/or e-mail.	£30.00
Gluten Tolerance Profiling – questionnaire completed via email. Results with sample diet, recipes and health information.	£10.00
Food Intolerance Testing [Blood Sample [Yorktest] or Hair Sample [Bionetics] includes Results with full Consultation and supporting supplementary, dietary and lifestyle advice.	Price on Application
Ongoing/Progress consultations – recommended on a 4 – 6 weekly basis.	£30 per hour or pro- rata
Cookery Demonstrations Group or 1-to-1 – Return journey to be charged pro-rata	£40 per hour + expenses
Wellbeing and Stress Management Workshops – these cover a range of Nutritional, Stress, Physical Activity, Motivation activities and can be tailor made to suit delegate demographic,	From £150 per ½ day/group: From £30 per day per person
CD with 365 Vegetarian and Healthy Recipes	£5.50 inc p&p
Meal Planners, Recipe and Information Leaflets [a list of these will shortly be available on the website – for more info contact Natural Manna]	POA starting from £3.50 ea
Food Combining Charts – full colour laminated – makes a nice gift for ‘food-wise’ friends	£ 4.50 inc p&p

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