

The Institute for Optimum Nutrition

The internationally renowned Institute for Optimum Nutrition was founded by Patrick Holford in 1984 and in 1992 became an independent, educational trust established for the study, research and practise of Nutrition. Our offices in South West London include a comprehensive library, seminar facilities and the Institute of Optimum Nutritional clinics, which include a training clinic.

ION is represented on the UK Nutritional therapy Council and is a member of the CMA (Complementary Medical Association) and BANT (British Association of Nutritional therapists).

The ION Clinic

Good nutrition is fundamental to good health. The body is made completely from the nutrients we eat. It stands to reason that if we are not getting the nutrients we need or if we are eating and drinking things which disrupt the body's natural balance, we will experience less than optimal health and vitality.

Clients consult our nutritional therapists for a wide range of conditions from IBS and cholesterol management, through to acne, allergies and weight management.

Rather than just treat the symptoms of these conditions, our aim is to treat the underlying imbalances contributing to the condition and to provide the body with the nutrients it needs to repair and rebalance.

Our nutritional therapists then use a combination of laboratory tests, symptom analysis and a detailed questionnaire, to determine a dietary and supplement programme to replenish deficiencies and correct imbalances.

Your Appointment

Before you attend the clinic

You will be sent (or can download) a detailed health questionnaire. Part of this form includes a three-day food diary, so allow enough time to fill this out. In our experience it is a lot better to fill it in as you go, rather than retrospectively as it is surprising what you eat without noting! The questionnaire covers details of health goals, medical history, lifestyle and current diet. This completed form should be brought with you to the consultation. If you have test results or a detailed history which you would like the therapist to see before your appointment, please send 48 hours in advance.

Your initial consultation

Your initial consultation will take an hour. During this time your nutritional therapist will discuss your questionnaire, explain some of the factors influencing your condition and make initial recommendations. At this stage we may recommend that one or more tests are nec-

essary to really understand your condition. These may involve nutritional analysis, functional tests to assess hormone imbalances, perhaps liver detoxification or adrenal function for example or maybe blood tests to determine allergies or intolerances. Most of these tests can be carried out using test kits at home but sometimes a laboratory visit is necessary. You can find out further details about some of these tests on the web-site. Test prices vary from £50 to £280 depending on what is required. If you would like to discuss the financial commitment of tests before you book, please give Basma a call on 0208 614 7822.

Follow-ups and support

We usually ask that you attend for at least one half-hour follow-up session to assess your progress. In some cases this will be enough and in others a series of follow-up appointments may be necessary. Your follow-up appointments can take place face to face or by a pre-booked telephone consultation. We are of course available to answer questions and queries you may have as you go on with your programme.

Student observation and Research

As we are a training organisation your consultation may occasionally be observed by a student. You are of course at liberty to request not to be observed, however, it would help us enormously if you could tell us in advance.

Costs (From July 1st 2007)

Initial Consultation (1 hour) - £90

Follow-up (1/2 hour) - £45

Follow-up (1 hour) - £90

Terms and conditions

Payments can be made at the time of the consultation by credit/debit card (not Amex or Diners), cash or cheque. A cancellation period of 48 hours is in operation and the cancellation fee is £25 for missed appointments.

If supplements are recommended you will be given a discount card, enabling you to buy supplements for yourself and your family at a discount. Alternatively they can be purchased direct from the manufacturer or from independent health food stores.

