



TQN Terms of Engagement for Consultations

Please read the following carefully before deciding whether to go ahead with an appointment (whether Nutritional Therapy/ ASYRA Screening or Healing Way) with me, Sarah (*aka The Quantum Nutritionist*), to see if what I can offer is for you.

About Me, Sarah & What I Do

I am a fully qualified Nutritional Therapist and ASYRA Practitioner now with much experience behind me. However, as well as my formal training, my personal health journey over the decades has taught me so much about the 'bigger picture' when it comes to healing and I would very much like to share this with you, and will bring this opportunity into every consultation and even product purchase.

However, please note the following:

1. Sometimes, some of what I discuss with you in a consultation may be unfamiliar or not what you were expecting me to focus on. This does not mean that it is invalid or I have gone off on a tangent! Instead, it is because healing needs to take place on every level of our being to be really effective, so it is necessary to talk about emotional/ mental/ spiritual wellbeing as well as what is happening physically with your body.

And when I write 'spiritual' I do not mean religious beliefs. What I am referring to more is how you view yourself in relation to the world/ universe/ and 'bigger context' which, when you understand it, is crucial to wellbeing.

So, related to the 'spiritual', some of the concepts that I discuss may be entirely new to you or seem very 'outside the box.' This does not mean that they are fantastical or too 'way out' though: I take what I write and the information that I give very seriously indeed and will only share information that I am convinced (to date) is correct, *almost all of which is through first hand personal experience*. At the same time, this certainly does not mean that I know everything, or have all the solutions: I am simply here to help you find your own solutions to your situation by sharing with you what I have come to realise thus far.



Sometimes, some of what I say may relate to the situation on the planet as a whole: *our bodies as well as societies are being subjected to immense changes at the moment, and what is going on externally has an impact on our bodies, but also as regards embracing the true healing process.*

2. Linked to the above, whilst every effort will be made to help you to feel much better in terms of your health, with in-depth advice, it cannot be guaranteed that long-term success will prevail with these recommendations. No therapist – or healthcare professional - can ultimately claim this. This is because, ultimately, your body will do the healing: I am just here to guide you and hopefully act as a catalyst for this!
3. Sometimes the recommendations and natural remedies that I suggest can seem to have adverse reactions, in that you can feel worse before you become better. This is usually due to periods of *healing crisis* where the body throws off toxins and patterns that it no longer wishes to carry. This has nothing to do with me and everything to do with your innate self-healing ability, something that I try to help you understand. In fact, paradoxically, the more you realign and rebalance, the more you can have periods of healing crisis. As a therapist who understands this, I am here to help you through such phases as best I can.
4. Very very occasionally the natural supplements that I recommend from The Natural Dispensary and other retailers might contain ingredients that do not suit you: always check the labels first before buying them. I do my best to check the ingredients & recommend good products, but cannot always go into every single detail, and often I am not aware of all the sensitivities that you may have.

However, in terms of your medications, I will always check these against potential interactions with natural remedies.
5. In terms of the ASYRA-generated homeopathic remedy, this is essentially **only distilled water** so any reactions that you have to this are going to be due to a 'healing crisis' only, unless you have a history of reacting to distilled water! As mentioned, episodes of healing crisis are a really good sign that latent imbalances and toxins are beginning to surface. Keep going if this is the case!
5. As regards the treatment plans, and advice, do note that actual progress relating to the overcoming of your health condition(s) is highly individual:



it is your own self-healing ability which will dictate the pace of this, even if you receive the best remedy or advice in the world! Again, I will do my utmost to help you with this and help you to actually learn how to align with this innate self-healing ability. That said, where tweaks need to be made to the advice you have been given and/ or natural remedies, these will be made as necessary.

About You & Your Responsibility

1. You agree that you are a client seeking genuine advice for genuine current symptoms. You agree that anything that you tell me about your situation and health in either a pre-consultation chat or during a session is true to date to the best of your knowledge.
2. You recognise that all the consultations & remedies that I offer are not a substitute for medical advice. So with any long term or chronic health condition in particular, you are advised to consult with your GP alongside guidance from *The Quantum Nutritionist*. It is then up to you to decide how much you want to go along with either your GP's/ consultant's advice, or mine even! The remedies/ recommendations that I suggest however should always work alongside allopathic advice, so it is not an 'either/or' scenario unless you wish it to be.
3. Linked to the above, if you wish to reduce your medications in any way, this is a decision between you and your GP and/ or consultant. I however will try to help you to get to a place of strength and empowerment whereby you might naturally feel that you want to do this, which then will be a decision you have made for yourself.
4. Although both Nutritional Therapy and ASYRA Screening (as well as Healing Way sessions) are incredibly safe and effective, under guidelines from BANT (British Association of Nutritional Therapists) and ASYRA related training, there may be some contra-indications for certain clients in receiving certain advice/ treatment. If there are in any way, I will make you aware of this, and then it is up to you as to whether you want to go ahead with a session etc.

At the same time, please note, I will only ever offer consultations if I am convinced (with the wealth of experience that I have to date) that there is no real risk to your wellbeing. Sometimes 'recommendations' from third parties are useful, sometimes they are not!



So, please tell me immediately prior to the consultation - especially as regards ASYRA Screening - if any of the following currently apply to you:

- i) Do you have a pacemaker or defibrillator? **YES/ NO** (*this is the only known possible contra-indication*)
- ii) Are you currently pregnant? **YES/ NO** (*this isn't a contra-indication but it may be advisable to wait until your 2nd or 3rd trimester for your Screening*)
- iii) Are you known to be photosensitive (eg photo convulsive response, epilepsy)? **YES/ NO**
- iv) Do you have an insulin pump, glucose monitor, or metal chemotherapy port? **YES/ NO**
- v) Do you have a metal plate or metal mesh implanted near the brain? **YES/ NO**

Cancellations & Refunds

1. Here at TQN I now take a non-refundable deposit/ admin fee for all in-person consultation bookings. This is because of the time that I, Sarah, have to set aside to facilitate consultations through the admin that is necessary; and also because I am subject to booking fees & cancellation policies myself when I use other therapy rooms.

The £25 deposit/ admin fee cannot be returned but if you cancel 24 hours or more before the scheduled session, it will be offset against rebooking another session.

However, If I need to cancel the session for whatever reason, the deposit/ admin fee will be returned to you.

2. Refunds after consultations or receiving products are not usually made (*and have not really been necessary to date!*) as hopefully it is clear in this document what the terms of engagement are. However, in the unlikely event after a session you are unhappy with the way it has gone for whatever reason, we can possibly discuss how much of a refund on the amount that you have paid MINUS the admin/ booking fee but only if your complaint has been received within 24 hours of receiving all of the results/ advice from me following your consultation.



After having read through this document, and even If you are have answered YES to any of the above, if you are still happy to proceed and undertake any consultation with TQN/ Sarah, please sign and date this form and return it to me.

Name:

Signature:

Date: