

Heidi Nowalany

Naturopathic Nutritional Therapist — BSc, IBCLC, NT Dip (CNM), ANP, mGNC

Nutritional Therapy · Lactation Consulting · Infant Feeding | m: 07599 868 482 | heidi@heidinowalany.co.uk

Nutrition Consultation Programmes

Ways to work together — London market rates, October 2026. All sessions in person in Fulham SW6 or online.

Testing & supplements additional (see typical costs below). Every journey starts with a complimentary 15-minute conversation.

01 — Lite — 6-Week Programme

Best for a single concern, a preventative MOT, or straightforward histories — one clear issue (e.g. bloating, energy dips, early fussy eating) where you can implement independently with one check-in.

What's included?

- 1 x 90-minute initial consultation: full health history, symptoms, diet, lifestyle, goals & priorities
- 1 x Personalised Functional Condensed Review & Action Plan: hypothesis, nutrition advice, handouts, meal ideas, recipe books, lifestyle & naturopathic recommendations
- Supplement & herbal guidance + secondary testing recommendations where appropriate
- 1 x 45–60 minute follow-up: test education, updated advice, plan development
- 1 x 15-minute Quick Chat (Zoom/phone)

No open-ended email / written follow-up in Lite — that is why it is Lite. If you will need between-session support, choose Foundational or Complete.

Investment — £495

02 — Foundational — 3-Month Programme (most popular)

For ongoing or complex concerns needing phased support — e.g. gut issues, fertility preparation, postnatal depletion, persistent sleep/energy problems.

What's included?

- 1 x 90-minute initial consultation: full health history, symptoms, diet, lifestyle, goals & priorities
- 1 x Personalised Functional Roadmap Review (as above + testing recommendations)
- 4 x 45–60 minute follow-ups: progress review, test education, protocol adjustment across 2 phases
- 2 x Quick Chat sessions (10–20 min, Zoom/phone)
- Up to 2 hours off-clinic professional time: history deep-dive, literature review, roadmap formulation
- Phased approach — Phase 1 Foundation (stabilise, remove stressors) / Phase 2 Targeted support (refine by response)

Appointments flexible — typically closer together in weeks 1–6, spaced as you progress.

Investment — £1,395 (or 3 x £475/mo)

03 — Complete — 6-Month Programme

For complex, long-standing or multi-system concerns — e.g. mould/environmental triggers, autoimmunity-adjacent, recurrent loss / IVF support, whole-family work. Full investigation + consolidation so you continue independently.

What's included?

- 1 x 90-minute initial consultation: full health history, symptoms, diet, lifestyle, goals & priorities
- 1 x Personalised Functional Review & Action Plan (as above)
- 6 x 45–60 minute follow-ups: progress, new concerns, test interpretation
- 6 x 15-minute Quick Chat check-ins
- Ongoing message support (Complete only): up to 3 messages/week, reply within 48 working hours Mon–Fri — not a substitute for consultations
- 2.5 hours off-clinic professional time
- 3 phases — Foundation / Targeted support / Optimisation & maintenance planning

Investment — £2,495 (or 6 x £425/mo)

Typical add-on costs (London, Oct 2026)

- Comprehensive blood panel £199 + £35 draw fee; SIBO breath £150–£200; GI360 stool £299–£399; OAT organic acids £250–£350; DUTCH hormones £300–£400; mycotoxin screen £350–£500; LifeCode Gx nutrigenomics kit £300–£500 + interpretation included in programme
- Supplements £30–£90/mo typical, additional. You only pay for tests relevant to you; recent results reused where possible.

Questions between appointments

- **Quick Chat** — one quick question that can't wait: use an included slot, email a few times to book.
- **Several questions** — save for next follow-up; send a list a few days before so I can prepare. Appointments can be brought forward.
- **Message support** — Complete programme only, as above. I am not available 24h; no open-ended email outside scheduled care.

Booking & practicalities

- In person Fulham SW6 or online worldwide. 48 hours' notice to rearrange; late cancellations may be charged in full.
- Programmes valid 6 months from start (Complete 9 months). Payment by bank transfer / card link on invoice; payment plans as shown.
- Information here is educational and does not replace GP / medical care. Registered Naturopathic Nutritional Therapist (BSc, NT Dip CNM, ANP, mGNC), IBCLC, LifeCode Gx practitioner — bound by my registers' codes. Enquiry data handled under UK GDPR — see heidinowalany.co.uk/privacy.

All programmes give you time, support and expertise for meaningful, lasting change. I look forward to working with you. — Heidi