

**The UK Centre for Living Foods
49 Gravel Hill Ludlow SY8 1QS
phone 01584 875308 www.livingfoods.co.uk**

**Director Elaine Bruce B.A Admin, M.E.T.
Fellow, Martindale Trust.**

Consultations/Transitional advice

The Director is available for personal or telephone consultations to help you with your health concerns. She can also advise on your transition to High Raw/Living Foods as part of a planned and balanced programme.

Nutritional advice is tailored to your individual needs, together with general health advice based on many years of experience in Naturopathic Health Care, Homoeopathy and the original Living Foods Programme.

Fees Personal consultation £60 per hour. Telephone consultation £30 per half hour

To maximise your nutrition consultation time you are asked to keep a detailed food and drink diary for 7 days together with a brief description of your health concerns.

Record every item of food and every drink (eg half a litre of water on rising, breakfast... midmorning snack... lunch... supper...(all drinks during the day, all meals and snacks up to bedtime) Please add approximate timings, especially of supper and after supper snacks. The more details the better.

Send your Food and Drink Diary online to elaine@livingfoods or by post to 49 Gravel Hill Ludlow SY8 1QS

For a telephone consultation please send your payment at the same time, by PAYPAL online or by sterling cheque to E. Bruce. We will contact you to arrange a convenient time and date for you to telephone the Centre for your session.

For a personal consultation at the Centre in Ludlow, Shropshire, please contact us to arrange a date.