BACKin2HEALTH

QEST Queen Elizabeth Scholarship Trust CHARITY
SCHOLAR

The Patient Journey to Wellness

Prior to Initial Consultation:
You will have various detailed questionnaires to fill in, looking at all aspects of your health, holistically – mind, body, spirit - including significant life events and health goals. Once submitted, (along with any test results, imaging (MRI's, X-ray's etc.) or investigations Dr Symons will spend time to review all the information, prior to the Initial Consultation.

Initial Consultation (20min/60mins):
During this (20min Zoom or Phone call) Consultation, we will discuss the information you have provided and you will have an opportunity to learn about the holistic approach and potential benefits of this approach to wellness and regaining your health.

Main Consultation 120min/240mins) In Clinic OR Zoom**:**
During this (120min) Consultation, we will discuss all aspects of your health (mind, body, spirit) including the timeline of health and dis-ease.
If specialist tests, or imaging is required, these can be arranged, or you may be able to liaise with your GP.
After this Consultation, Dr Symons will spend time to collate the information - like fitting together pieces of a jigsaw puzzle, or joining the dots - to understand the root cause of the health issue(s), rather than simply treating the symptoms. A treatment plan will be created, which could include any combination of the following: homeopathic medicine, herbal medicine, diet and lifestyle adjustments, immune system strengthening, nutritional support, detoxification, rehabilitation/yoga exercises, pranayama (breathing techniques) etc.

1st Follow-up (20min/60mins):
This (20min) consultation is usually two weeks after the **Main Consultation** (depending on need and individual case).

2nd Follow-up (20min/60mins):
This is usually two weeks later, to track your progress and do any fine-tuning, if required.

3rd – 5th Follow-up's (20min/60mins): Spread out, according to progress.

6th Follow-up: (20min/60mins): At this appointment, we will have enough information and data to work out a medium-long term plan, as appropriate. Each case is assessed on an individual basis. Chronic health issues usually require a longer time to regain optimal health status, than acute or sub-acute conditions.

Payment is due at the time of booking by BACS / IBAN. Credit card charges are additional.

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Fees

	ADULT	CHILD (to 10yrs)
Initial Consultation (20mins/60mins)	£138	£115
Main Consultation (120mins/240mins)	£325	£230
Follow-up Appt's. (20mins/60mins)	£138	£115
Double Appt. (40mins/120mins)	£250	£170
Initial + Main + 6x Follow-up Consultations	£1,250	£970

Consultations include Homeopathic Medicine, if required, except liquid LM's

Acute consultations (current patients only, 15mins)	£35
Homeopathic medicines, p&p (except liquid LM's)	£16