

THE DIET PRACTICE HORSHAM

About Susie Longford



The senior partner of The Diet Practice, Susie Longford, a graduate of the University of Surrey and a state registered dietitian and nutritionist.

She is a member of the Health Professions Council and the British Dietetic Association and has been a committee member of DOM UK (Dietitians in Obesity Management) for nearly 3 years.

She is involved in the national MEND programme to encourage and support weight loss/management amongst children and is a certified diabetes educator for the type 2 diabetes patient education programme, X-PERT.

Susie also works in a number of Surrey schools and companies.

Susie works from Haslemere, Chobham and Horsham

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HOW CAN A DIETITIAN HELP ME?



Bartholomew Way Clinic
Bartholomew Way
HORSHAM
West Sussex RH12 5JL

(01403) 276272
www.sussexdietitian.co.uk
www.bartholomewwayclinic.co.uk

www.sussexdietitian.co.uk

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How can a dietitian help me?

The Diet Practice specialises in helping people to lose weight and to keep the weight off.

Some clients need to lose weight to improve their health because they have

- Raised cholesterol and/or high blood pressure
- Diabetes
- Polycystic ovarian syndrome
Menopausal symptoms
- Osteoporosis or joint problems or arthritis
- Depression or low mood

Many simply want to lose weight or to ensure their diet is healthy and not short of essential nutrients.

Others want expert guidance and advice to identify the triggers or factors that are causing their irritable bowel syndrome (IBS) symptoms or food allergy or intolerance.



Working with you....

You will first go through a detailed screening to identify exactly what you want to achieve and to enable us to better understand what you are doing at the moment, including what influences you such as family pressures, personal issues or barriers, the need to cater for children and adults at mealtimes, financial constraints and so on. This may include completing and maintaining a full food diary which you can also fill in online.

We aim to communicate with you clearly, simply and objectively.

Where appropriate we use behavioural change and cognitive behavioural therapy (CBT).

We do not sell products or plans and we will never resort to any scientific 'spin'.

We will give you relevant leaflets and dietary information to take home and use.

Our aim is to provide practical help and to ensure that you learn how to manage weight and nutrition issues yourself.



What are Dietitians?

Dietitians in the UK hold the only legally recognised graduate qualification in nutrition and dietetics.

Dietitians are registered with the Health Professions Council (HPC)

Advice from dietitians is practical, tailored to your needs, safe and based on current scientific evidence.



Dietitians do not sell or promote any particular products, supplements or brands.



Indicative Prices

Initial appointment (1hr) £75

Follow up appointments (per 15 mins) £20

Packages

Initial appointment Plus one 30 minute follow-up consultation £100

A Four Week Start-Diet or Healthy-Eating Programme comprising initial appointment and a 30 minute follow up appointment followed by two 15 minute telephone follow ups with email support £140.00