

Laurent Bannock MSc(ExSci) MSc(Nutr) CISSN NASM-CPT

Sports Nutrition, Exercise Physiology, Wellness

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USA: Phone: 1-505-3495758 | Fax: 1-505-2120432

bannock@mac.com | www.LaurentBannock.com

Dear New Client!,

Welcome! And thank you for choosing me as one of your health care pro.

I provide cutting edge nutrition, fitness and wellness programs that are laboratory guided and evidence based!

My services are available in London (UK) for face to face consults and coaching/training sessions. I also provide my Nutrition and Wellness services almost anywhere in the world, via telephone / video chat and e-mail. Laboratory tests are done at home, using state-of- the-art metabolic and nutritional assessments from urine; stool; saliva; and finger-prick blood samples - which are then mailed back to the lab via Fed-Ex or similar service, in the special test kits provided by the lab. I work with many patients & clients remotely via telephone, e-mail and video chat (i.e. Skype, iChat, AIM). I currently have patients from all over the world – including the US, Canada, UK, Italy, Sweden, Australia and Italy. So long as you have access to a telephone, e-mail and a courier service such as FedEx (for your lab test kits) – you can work with me.

Along with your health history and initial interview, your laboratory results (where appropriate) are used to help tailor your nutrition and wellness program – based upon your unique nutritional and metabolic needs. If you are also having a performance program, your corrective exercise and specialist training recommendations will also be prescribed.

Please refer to my website, www.LaurentBannock.com, for further information on the testing process, program features, and fees in general.

HOW TO START THE PROCESS

To become a new client, you will need to complete and return the 'New Client Paperwork (health history etc) attached and pay the 'Program Package' fees (please refer to Policy & Procedures Document included with this letter) before or at the time of scheduling your appointment. Please refer to the payment form (also included) that you can fax or mail (or scan and e-mail) in to get the process started. Payments can be made by cash, credit and debit cards, as well as by check/cheque.

Once you have submitted your new client paperwork, I will contact you to make your appointment if you have not already done so. If you would like to call me to make your appointments you can contact me via the UK office on 44 (0)207-1933419 to arrange your appointment. I can see face-to-face clients at various locations in central London, and can also visit you at your home or office with prior arrangement (additional travels costs may be incurred). For London based clients that are having personal fitness training/coaching packages, additional paperwork will be required and sent you after you sign up.

Please also refer to the client process below:

HOW THE PROCESS WORKS:

STEP 1:

During your initial consultation (in person or by telephone/skype), I will review your paperwork (health history etc) and make recommendations for laboratory tests (if necessary) that are appropriate for your specific health issues. Where appropriate, for face-to-face clients, I may also take anthropometric measurements (height, weight, girth measurements etc), conduct an Ultrasound Body Composition Assessment (%body fat / muscle etc).

STEP 2:

Once you have completed your lab tests and assessments, I will explain the meaning of your test results to you in the initial follow up consultation. Depending on the program you opted for, I will create a custom nutrition program for you, including individualised eating guidelines, customised nutritional supplement program, and if appropriate – a fitness/corrective exercise program. London clients may also opt for additional personal fitness training/coaching sessions at additional cost.

STEP 3:

Subsequent consults are scheduled to monitor your progress (please see program details and fee schedule).

I invite you to contact me via email or phone should you have any questions during the course of your program. I may be reached at my UK office on 0207-1933419 or via email at bannockoffice@mac.com.

Please allow one full working day for your call or e-mail to be returned. Please bear in mind that we are on UK / GMT Greenwich Mean Time.

I look forward to assisting you in achieving your current wellness goals, and to guiding you in maintaining wellness throughout your life.

In health,

A handwritten signature in black ink, appearing to read 'Laurent Bannock', with a small dash at the end.

Laurent Bannock

MSc(ExSci) MSc(Nutr) CISSN NASM-CPT

Laurent Bannock MSc(ExSci) MSc(Nutr) CISSN CFNS NASM-CPT Performance Nutritionist & Exercise Physiologist

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Please choose a program package

Mark an 'X' in the _____ by the program package you wish to opt for:

_____ **Pay As You Go** - £ (CHECK WEBSITE)

(Face to Face Appointments AND Remote Telephone/Skype appointments)

- Simple option of paying for each appointment and/or service individually. Please see www.LaurentBannock.com for most current fees / price list.

*NOTE: Lab fees are NOT included.

_____ **Remote Advanced Nutrition & Wellness/Performance Program** – £295.00
(not including external lab fees) [remote/distance clients only]

This program is for anyone (anywhere in the world) looking to improve overall health and wellness goals, including weight management, supporting fitness/performance goals, and those with minor lifestyle conditions (such as obesity, diabetes, hypertension, high cholesterol, digestive issues etc).

1 x 90 Minute Initial appointment

In this appointment we gather all the information on your health history, diet and lifestyle, along with body composition readings taken at your home or from your gym or coach (body fat%, muscle mass % etc), blood pressure (from your doc, nurse etc) , and where necessary lab tests are ordered (i.e. food antigens, gut health profile, blood sugar, cholesterol etc). The lab tests can be done from home, and then sent to the lab via FedEx/UPS pretty much anywhere in the world.

4 x 60 Minute Follow Up / Coaching appointments

These 4 appointments are held approximately every 2 weeks.

- The 1st follow-up and coaching session is to review the initial assessment findings & lab tests, as well as go over the customised nutrition and wellness program in detail. This custom program includes detailed individualised eating and lifestyle guidelines.

- The 2nd and 3rd follow-ups and coaching sessions are to review the previous 2 weeks of the program, and help you with any adjustments and fine-tuning required to get the most out of your program. At this appointment we will also re-assess your body-composition (body fat%, girths etc) to determine your physical progress (from home/gym/coach measurements taken).

- The 4th and final follow-up and coaching session is to review the whole program so far, re-assess your progress via body composition assessments(from home/gym/coach measurements taken),

and where necessary any lab tests so as to determine your future recommendations.

This program also includes comprehensive phone and e-mail support throughout the process, which would normally be charged for per time based fees in non-program services. This is useful for almost on demand-support, anytime program revisions via phone and e-mail etc.

*NOTE: Lab fees are NOT included.

____ Advanced Nutrition & Wellness Program – £495.00 (not including external lab fees) [face to face clients only]

This program is for anyone looking to improve overall health and wellness goals, including weight management, supporting general/basic fitness goals, and those with minor lifestyle conditions (such as obesity, diabetes, hypertension, high cholesterol, digestive issues etc).

1 x 90 Minute Initial appointment

In this appointment we gather all the information on your health history, diet and lifestyle, along with body composition readings (body fat%, muscle mass % etc), blood pressure, and where necessary lab tests are ordered (i.e. food antigens, gut health profile, blood sugar, cholesterol etc).

4 x 60 Minute Follow Up / Coaching appointments

These 4 appointments are held approximately every 2 weeks.

- The 1st follow-up and coaching session is to review the initial assessment findings & lab tests, as well as go over the customised nutrition and wellness program in detail. This custom program includes detailed individualised eating and lifestyle guidelines.

- The 2nd and 3rd follow-ups and coaching sessions are to review the previous 2 weeks of the program, and help you with any adjustments and fine-tuning required to get the most out of your program. At this appointment we will also re-assess your body-composition (body fat%, girths etc) to determine your physical progress.

- The 4th and final follow-up and coaching session is to review the whole program so far, re-assess your progress via body composition assessments, and where necessary any lab tests so as to determine your future recommendations.

This program also includes comprehensive weekly phone and e-mail support throughout the process, which would normally be charged for per time based fees in non-program services. This is useful for almost on demand-support, anytime program revisions via phone and e-mail etc.

*NOTE: Lab fees are NOT included.

____ Advanced Performance Nutrition & Wellness Program – £795.00 (not including external lab fees) [face to face clients only]

This program is designed for the more serious recreation or professional athlete, with specific performance or fitness goals (such as triathletes, marathon runners, endurance and time-trial cyclists, competitive boxers & MMA fighters, fitness models, professional football and rugby

players etc).

This version includes all of the components of the advanced Nutrition and Wellness program, but with the following additional services/appointment:

- iMett V02 Metabolic Fitness Test (to accurately determine your metabolic responses to exercise, establish your heart rate training zones, and obtain more detailed nutrition data)
- BodyMap & FitPrint Dynamic Postural and Biomechanical assessments (to accurately determine your biomechanical / muscular imbalances and their corrective exercise solutions to help you become more balanced and mechanically efficient – as well reduce your injury potential.
- Sports Nutrition Supplement Program (to determine your specific and periodised recovery and ergogenic aid requirements so as to enhance training adaptation, improve recovery and overall optimize performance. You will also be ‘matched’ to specific types/brands of products based on your assessment and lab results to optimse compatibility and results (rather than given generic product recommendations).

This program also includes comprehensive weekly phone and e-mail support throughout the process, which would normally be charged for per time based fees in non-program services. This is useful for almost on demand-support, anytime program revisions via phone and e-mail etc.*

*NOTE: Lab fees are NOT included.

PLEASE NOTE THAT FOLLOW-UP CONSULTATIONS AND PERSONAL FITNESS TRAINING / COACHING SESSIONS ARE AVAILABLE AND OFFEERD AT ADDITIONAL COST – PLEASE SEE WEBSITE FOR MORE INFORMATION – WWW.LAURENTBANNOCK.COM

Advanced Nutrition Counseling

Laurent Bannock MSc CISSN

London, UK / Santa Fe, USA

www.LaurentBannock.com / bannockoffice@mac.com

CREDIT/DEBIT CARD PAYMENT AUTHORIZATION

I, (print name) _____ authorize Advanced Nutrition Counseling to bill my credit card as listed below.

Name on Credit Card _____

Credit Card Holder's Billing Address (Where your statement is mailed.)

Credit Card Details

Visa Card # _____ Exp date _____

MasterCard Card # _____ Exp date _____

Amex Card # _____ Exp date _____

Last 3 digits (4 for Amex on front) on back of card _____
(found on the back of your credit card on the signature panel)

Patient Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Authorization

Card Holder's Signature _____ Today's Date _____

Patient's Signature _____ Today's Date _____

IF YOU PREFER TO PAY BY CASH/CHECK/CHEQUE PLEASE ADVISE IN ADVANCE OF SERVICES BEING BOOKED/SCHEDULED

Personal Information

Date: _____ How Did You Hear About Us? _____

Name: _____

Address: _____

State/Province: _____ ZIP/Postal Code: _____ Country: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

E-Mail: _____ Fax: _____

Date of Birth: _____ Sex: _____ Height: _____ Weight: _____

What is/was your profession: _____

Dietary Preferences/Restrictions (i.e. vegetarian, Kosher etc): _____

Primary Care Practitioner / GP: _____

Contact Details: _____

Personal Health Concerns

Please list your health concerns (i.e. weight, fatigue, heart problems, pain etc):

Supplements:

Others: (Including Herbs)
