



Eating Disorder Support Services

Nutritional Advice Criteria

The Balanced MK Founder (Emma Bacon) is qualified and able to provide general nutritional advice and guidance to suitable clients, based on the following criteria:

- Clients must be receiving regular emotional support from a one to one specialist or self-support group;
- Clients should be considered physically and psychologically well enough to comprehend and respond to general nutritional advice in a positive way;
- Clients with a significantly low BMI/high BMI/problems with laxative or diet pill abuse should be receiving appropriate support and monitoring;
- Balanced MK will assess client suitability for referral before arranging an initial one to one appointment;
- Balanced MK reserves the right not to provide one to one sessions if they have cause for concern about suitability;
- Session times are arranged directly with Emma Bacon, at the cost of £30 an hour;
- Clients may be asked to complete a Nutrition Form and Food Diary Sheet before their initial one to one meeting, providing a second chance to assess a client's suitability;
- Sessions will only include information sheets approved by Balanced MK;
- Clients will be given the opportunity to provide anonymous feedback to Balanced MK.

Please contact Balanced MK via email emma@balancedmk.co.uk or call 07716 755804 for further information or to arrange an appointment.