



Frequently asked questions

If you have a question that hasn't been answered below, please use the enquiry form on the contact us page to submit your query.

When are appointments available?

Broody Foodie's service is designed to fit within your lifestyle. Appointments are available within normal working hours, with weekend and evening appointments also available. To check availability, go to <http://tungle.me/broodyfoodie>

Where are consultations available?

Broody Foodie is available wherever the internet is available, being a primarily Skype and email based service. Face-to-face consultations are also provided at Broody Foodie's clinic in Sydney's Eastern Suburbs, NSW Australia.

Can I still have a consultation even though I don't have Skype?

Your nutritionist looks for physical signs of poor health or disease, so being able to see you on screen or in person is important. Skype is the only real time communication used by Broody Foodie and is recommended for virtual consultations. If you have internet access, then you can access Skype. Visit <http://www.skype.com>.

Who are the consultations with?

Your consultations will be conducted by a qualified nutritionist.

How long is a consultation?

An initial consultation lasts up to 45 minutes. Because Broody Foodie analyses your diet, health and lifestyle in detail prior to your consultation, your nutritionist already has much of the information that many in-person consultations spend valuable minutes gathering. Your consultation will be used to explore areas in more detail, provide diagnoses and discuss your treatment plan.

How long is a follow up session?

A follow up session takes 20 -30 minutes, depending on your individual needs. The session will be used to discuss your progress, any challenges and may use a diet diary to more closely analyse your nutritional needs and areas for improvement.



How many Skype sessions are included in the 12-15 week program?

In addition to the initial consultation, you may have up to three additional sessions, depending on your individual needs identified in your initial consultation.

How many times can I email you during a 12 or 15 week program?

As many times as you want, however your consultations should answer most of your queries.

How many times will my diet and health be analysed during a 12 or 15 week program?

You may be asked to complete a seven day diet diary for analysis up to three times during your program. This enables us to accurately assess your dietary needs and progress.

How often will I receive recipes on a program?

You'll receive information relevant to the crucial stages of your pregnancy, so this varies between programs. On average, clients receive recipes every 2-3 weeks.

I want to commit to a long term program but am not planning to conceive. What program should I purchase?

The Foundation Package will identify and begin to treat your wellness issues. We can tailor a bespoke program for you once we understand your goals and nutritional status.

I have purchased a program. When will I be contacted?

You can check appointment availability at <http://tungle.me/broodyfoodie> as soon as you've purchased a program. Once we've processed your payment, which takes approximately 24 hours, you will receive a confirmation email regarding your consultation.

How do you manage client information?

Client information is gathered via online forms or in person. It is held at a locked premise and treated in strictest confidence. Client records are securely shredded after five years.