

# METABOLICA MED DIETITIANS



## CONSULTATION INFORMATION

Elzette RD(SA):  
[elzette@metabolicamed.co.za](mailto:elzette@metabolicamed.co.za)

Michelle RD(SA):  
[michelle@metabolicamed.co.za](mailto:michelle@metabolicamed.co.za)

Appointments:  
[bookings@metabolicamed.co.za](mailto:bookings@metabolicamed.co.za)

Accounts:  
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936 Jacques Street,  
Moreletapark, 0181  
RSA



+27 (0) 83 257 1868

**RN**

084 000 067 1169



@DietitianZet



[www.metabolicamed.co.za](http://www.metabolicamed.co.za)



## Initial Consultation

Individual 60 min.

**R1650**



Includes:

- Diet Assessment.
- Tanita BC 1000 assessment and discussion.
- Medical and family history.
- Biochemical data discussion.
- Nutrition education.
- Goal setting.
- 1000 Discovery Vitality points.
- 7-Day Individualised meal plan (will be forwarded a few days after the consultation).

## FIT Consultation

Individual 60 min.

**R3200**



Includes:

- Food Intolerance Test (FIT).
- Diet Assessment.
- Tanita BC 1000 assessment and discussion.
- Medical and family history.
- Biochemical data discussion.
- Nutrition education.
- Goal setting.
- 1000 Discovery Vitality points.
- 7-Day Individualised meal plan (will be forwarded a few days after the consultation).

## Couple Initial Consultation

Couple 60 min.

**R3000**



Includes:

- Diet Assessment.
- Tanita BC 1000 assessment and discussion.
- Medical and family history.
- Biochemical data discussion.
- Nutrition education.
- Goal setting.
- 1000 Discovery Vitality points.
- 2 x 7-Day Individualised meal plans (will be forwarded a few days after the consultation).

## Skype Initial Consultation

Individual 30 min.

**R1500**



Includes:

- Diet Assessment.
- Medical and family history.
- Biochemical data discussion.
- Nutrition education.
- Goal setting.
- 7-Day Individualised meal plan (will be forwarded a few days after the consultation).
- Only the education part is done via Skype, the assessments are done prior to the consultation, after receipt of the completed set of forms.

## Follow-up Consultation

Individual 30 min.

**R350**



Includes:

- Discuss achievement of goals as set in the initial consultation.
- Tanita BC 1000 assessment and discussion.
- Discussion on meal plan.
- Nutrition education.
- Start moving more towards lifestyle.
- A follow-up can only be done after an initial consultation.
- Body analysis report (will be forwarded a few days after the consultation).

## Discovery Weigh-in

Individual 30 min.

**R350**



Includes:

- Tanita BC 1000 Assessment.
- 1000 Discovery Vitality points.
- Brief nutrition education.

## PREPARE FOR YOUR CONSULTATION

Please send any **blood tests** done in the **past 6 months to your dietitian** [elzette@metabolicamed.co.za] or [michelle@metabolicamed.co.za] prior your consultation. If you do not have access to them, please send us an email with your ID number so that we can get the results. Please make a list, take pictures or bring the packages along of any medication or supplementation that you are currently using with to your consultation.

We are located at **936 Jacques street, Moreleta Park, Pretoria**. We advise that you **arrive 10 minutes** early to complete the necessary forms prior your consultation. Please note the information below regarding our policies and payment. Due to the effort, we put into our meal plans, you will receive your meal plan a few days after your consultation.

**We are looking forward to meeting you!**

## TERMS AND CONDITIONS

**Metabolica Med (PTY) LTD** is a **dietetic practice** providing several dietetic services including the ketogenic diet. **Elzette Struwig (RDSA)** as registered with the HPCSA and ADSA, has undergone ketogenic diet training at Matthew's Friends KetoCollege in the UK, and has been working in the ketogenic diet industry for the past 5 years.

**Michelle Mellet (RDSA)** as registered with the HPCSA and ADSA, was also trained by Elzette in the ketogenic diet industry. Michelle also has undergone intensive Nutrigenomics training.

Both dietitians have also undergone all the Nutrition Network training of more than 60 hours with professor T. Noakes. Metabolica Med does not diagnose disease. Metabolica Med strongly recommends that you consult with a Physician or Medical Specialist before undergoing any dietary or supplement changes.

## CANCELLATION POLICY

Please understand that our time is very much in demand; we set time aside especially for you and do not overbook. We understand that not everyone is ready to commit to a lifestyle change, but for the consideration of others, please do not wait until the last minute if you have to cancel your appointment. Please plan accordingly. You will be billed for your consultation if not cancelled within 48 hours prior to your set consultation date and time. Please note that if you are running late, this will decrease the time that you have available to spend with us, as we cannot have other patients wait or shorten the time of their consultations. We do appreciate your cooperation.

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## PAYMENT POLICY

**An invoice will be emailed to you after your consultation.** Please note that we work on COD terms and that the payment should be made as soon as possible. You can then submit your invoice and proof of payment to your medical aid to process your claim, you will be able to claim a portion back.

Thank you for your co-operation. We are excited to take this journey with you. Metabolica Med will help you to take small steps to improve your nutrition and move toward a **healthier you**. Please stay in contact with us between your consultations, we would like to support you on a continuous basis. Let us know if there are any specific struggles with your meal plan, we believe in enjoying life and do not want to deprive you of the foods you enjoy or at least help you to find healthy alternatives.



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# TANITA BC 1000 SCALE REPORT EXAMPLE

## METABOLICA MED INDIVIDUAL ANALYSIS

NAME: TANITA

GENDER: Female

AGE: 28

BODY TYPE: Standard

### MEASUREMENT RESULTS:

Body Fat %

DEVICE: BC-1000

METOBOLIC AGE: 13

Metabolic Age

DATE: 2019/03/27 12:07:43

BONE MASS(kg) 2.03

Body fat mass (better indicator than %)

HEIGHT(cm): 166.00

BODY WATER: 54.5

Body water

WEIGHT(kg): 50.33

BODY WATER(kg): 27.45

BODYFAT(%): 20.9

PROTEIN MASS(kg): 10.33

BODYFAT(kg) 10.52

PHYSIC RATING Thin

BMR(local) 1212

VISCERAL FAT RATING 1.0

DAILY CALORIE INTAKE 1933

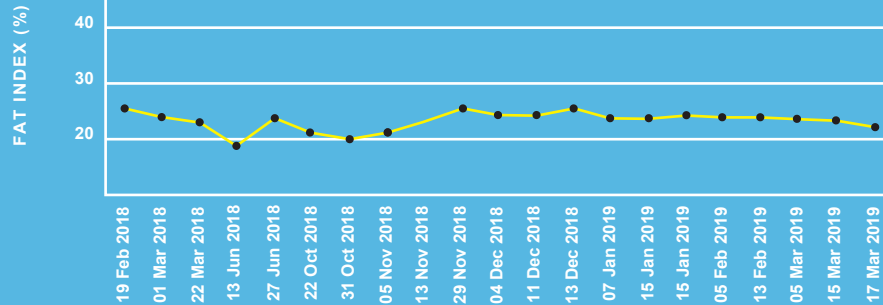
MUSCLE MASS(kg) 37.73

Muscle mass

#### CURRENT

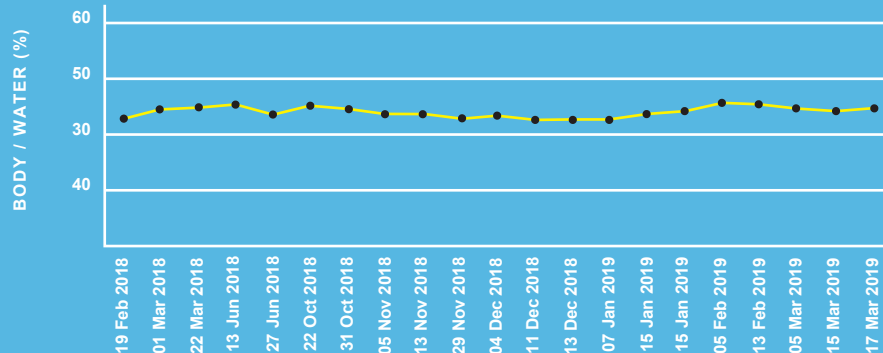
#### HISTORY

**BODYFAT  
20.9%**



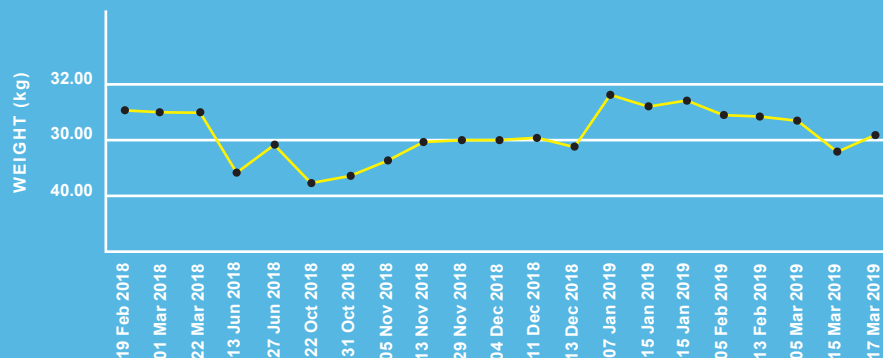
Visceral Fat/Insulin resistance

**BMI  
18.3**



Graphs to monitor progress

**WATER  
54.4%**



Energy requirements (which is used to calculate your meal plan)

## FOOD INTOLERANCE TEST INFORMATION

The food intolerance test, **tests for 57 different foods** (please see the next section of this document). The test will only take a few minutes of your time as we only require a drop of blood from a finger prick. We will provide you with the results within 24 hours.

*Appointments are crucial as the tests are imported from Germany. These tests are not included into all consultations and require special arrangement. Furthermore, the test needs to be taken out of the fridge 30 minutes prior to the appointment, therefore confirmation that the test is required MUST be received upon confirmation of the appointment.*

## COST BREAKDOWN

| Package Includes:   | Cost       | Package Type               |
|---|------------|----------------------------|
| <ul style="list-style-type: none"> <li>• The test and your results only.</li> <li>• The test takes 60 minutes, but we will only require you for 10 minutes (or less), to collect a drop of blood from a simple finger prick.</li> <li>• The results are displayed per food item and indicates whether you show no intolerance, slight or great intolerance to each individual food item.</li> <li>• Your results will be emailed to you.</li> <li>• This package does not include a consultation with your dietitian or a meal plan (total cost R1600.00).</li> <li>• The test can, unfortunately, not be claimed back from the medical aid.</li> </ul> | R1 750.00  | Food Intolerance Test Only |
| <ul style="list-style-type: none"> <li>• This includes a 45-minute consultation with your dietitian, a 7-day meal plan, which is planned according to your individualized needs, as well as the food intolerance test results.</li> <li>• We will require 60 minutes of your time.</li> <li>• The cost for the consultation (R800.00) can be claimed back from the medical aid.</li> <li>• The cost of the meal plan cannot be claimed back from the medical aid</li> </ul>   | R 3 000.00 | Full package               |

**We please require a 50% (R875.00) deposit (for the test only) to confirm your booking.** Please provide us with the full payment after your test has been completed. This is a cash practice and we do not claim from the medical aid on your behalf. All payments are cash or made via EFT. You can send your proof of payment and invoice to your medical aid to claim back for the consultation.

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## WE TEST FOR THE FOLLOWING FOOD ITEMS:

|            |  |   |
|------------|--|---|
| Grains     | Wheat<br>Rye<br>Barley<br>Oat<br>Grain mix A<br>Grain mix B<br>Gluten        | Buckwheat,<br>Amaranth,<br>Goosefoot<br>Corn, Rice                                |
| Nuts       | Peanut<br>Hazelnut<br>Almond   |   |
| Fruits     | Banana<br>Fruit mix A<br>Fruit mix B<br>Apple<br>Pineapple<br>Kiwi fruit     | Lemon, Orange<br>Strawberry,<br>Grape, Peach                                      |
| Egg        | Egg white<br>Egg yolk  |   |
| Milk       | Casein<br>Cow's milk<br>Goat's milk<br>Sheep's milk                          |   |
| Seafood    | Cod<br>Fish mix<br>Tuna<br>Seafood mix                                       | Salmon, Trout<br>Shrimp, Squid,<br>Octopus  |
| Vegetables | Tomato<br>Legume mix<br>Vegetable mix A<br>Vegetable mix B<br>Leek/Onion mix | Pea, Green bean<br>Carrot, Celery<br>Cabbage,<br>Broccoli, Garlic,<br>Onion, Leek |
| Meat       | Lamb/Mutton<br>Meat mix A<br>Meat mix B                                      | Pork, Beef<br>Chicken,<br>Turkey  |
| Others     | Potato<br>Soy<br>Yeast Mix<br>Cacao<br>Coffee<br>Mustard                     | Baker's yeast,<br>Brewer's yeast  |

