

**Elaine Bruce Living Foods UK**  
**18 Ballard Close Ludlow SY8 1XH phone**  
**01584 875308 [www.livingfoods.co.uk](http://www.livingfoods.co.uk)**

**Director Elaine Bruce B.A Admin, M.E.T.**  
**Fellow, Martindale Trust.**

### **Consultations/Transitional advice**

**The Director is available for personal or telephone consultations to help you with your health concerns. She can also advise on your transition to High Raw/Living Foods as part of a planned and balanced programme.**

**Nutritional advice is tailored to your individual needs, together with general health advice based on many years of experience in Naturopathic Health Care, Homoeopathy and the original Living Foods Programme.**

**Telephone consultation £40 per half hour £80 per hour.**

**To maximise your nutrition consultation time you are asked to keep a detailed food and drink diary for 7 days together with a brief description of your health concerns.**

**Record every item of food and every drink (eg half a litre of water on rising, breakfast... midmorning snack... lunch... supper...(all drinks during the day, all meals and snacks up to bedtime) Please add approximate timings, especially of supper and after supper snacks. The more details the better.**

**Send your Food and Drink Diary online to [elaine@livingfoods.co.uk](mailto:elaine@livingfoods.co.uk) or by post to 18 Ballard Close Ludlow SY8 1XH**

**For a telephone consultation please send your payment at the same time, by sterling cheque to E. Bruce. or by bank transfer**

**E.F.Bruce A/c no.: 10759468 Sort code: 30-65-93 SWIFT: LOYD GB 2L  
BIC: LOYD GB21692 IBAN: GB02-LOYD 3065 9310 7594 68**

**We will contact you to arrange a convenient time and date for you to telephone the Centre for your session.**