

Working with Pete Williams, Functional Medicine Specialist

I am delighted that you consider your health important enough to seriously look to the field of functional medicine for answers to your present health challenge(s)

Very often unsatisfactory health is more complex than first appears, meaning that an appropriately matched and necessarily complex solution is needed, meaning that time, patience and diligence are present throughout the pursuit and achievement of optimal health.

By its very nature, this complexity demands a multifaceted approach and an appreciation of the role lifestyle, social, environmental, emotional, mental and behavioral factors play in the onset, maintenance and ultimately the reversal of the health challenges you are seeking help with.

For this reason, it is appropriate that we adopt a structured and very deliberate approach to the work we are considering undertaking together. As needs vary from person to person and from time to time, the structure outlined below is designed to give you an idea of what to expect, as a framework within which we will shape and articulate a programme tailored to your unique starting point, needs and objectives.

I respect the value of time and therefore where ever possible ensure that it is well spent and invested wisely. Should we agree that working together feels right for both of us, we will formalize the arrangement with the appropriate paperwork and schedule the two requirements for Phase I, which are...

Phase I

- **Two-hour 'Foundation' Consultation**

A crucial session, we engage in understanding and building your case notes. This is where we lay the foundations of your present health by asking deeper and more appropriate questions. This allows me to then look at the most appropriate medical tests for you.

Time Required: Up to 2 hours (£500) + any tests deemed appropriate at the time. It is common for these initial tests to require anything upwards of £300, sometimes double or treble this subject to what I believe will be critical in us understanding the present reality of what's going on for you.

- **'Tests Review' Consultation**

Interpretation of test results and discussion as to the look, feel and format of your first 10-week 'Intervention Programme'.

Time Required: Up to 90 minutes (£375)

Assuming we are both happy with the progress made to this point, the first 10-week 'Intervention Programme' will be designed and implemented, together with the other requirements for 'Phase II'.

However, should you feel you are in a position to continue your health journey on your own and do not require a structured programme with me as your guide, you are free to bring to a halt our working relationship at this point.

If you do wish to continue with phase II, here's what that would look like.

Phase II

- **Progress Review #1** (Week 4 after commencement)

Keeping you on track, maintaining momentum and taking care to monitor any early evidence that adjustments in the programme would be wise. This can take place via Skype, on the phone or face to face.

Time Required: Up to 60mins (£250)

- **Progress Review #2** (Week 8 after commencement)

Keeping you on track, maintaining momentum and taking care to monitor any further suggestions that adjustments in the programme would be wise. This can take place via Skype, on the phone or face to face.

Time Required: Up to 60mins (£250)

- **Progress Assessment** (10 weeks after commencement)

At the end of 10-weeks it is important we objectively measure your progress in order that we can tailor the next 10-week period, adjusting, renewing, re-testing and recalibrating as appropriate and based on your performance to this point.

Time Required: Up to 90mins + any tests deemed appropriate at the time (can reach anything up to £500, but adherence to the programme and thorough monitoring should ensure a much lower investment).

Assuming we are both happy with the progress made to this point, the second and (any) subsequent 'Intervention Programmes' will be designed and implemented and include four- and eight-week Progress Reviews and a ten-week Progress Assessment.

However, should you feel you are in a position to continue your health journey on your own and do not require a structured programme with me as your guide, you are free to bring to a halt our working relationship at this point.

If you did wish to continue with phase III, here's what that would look like.

Phase III

- **Subsequent ‘Intervention Programmes will be designed and implemented and include four- and eight-week Progress Reviews and a ten-week Progress Assessment.**

Here is the point where we start to get to know you and see patterns in your test results. Your individuality starts to be un-covered, as do the deeper layers of your health.

All programmes come with a commitment to keeping the process “well oiled”, meaning that regular contact is important. Short and focused communications in-between our one on one consultations– via phone, text, Skype and/or email – will ensure we achieve this and reduce the need for any additional consultations to be formally arranged and, therefore, charged for.

There is scope for flexibility in the anticipated time frames, ideally by no more than a week or so either side. This allows for unavailability, holidays, late changes to plans and the like, and ensures the momentum that is created can be maintained.

Whilst flexibility is a must, so is a structure and momentum, so wherever possible I’d like us to endeavor to fix consultations and reviews in the diary as far ahead as is practical, bringing a focus to our work that past experience tells me will only enhance your results.

In conclusion

I hope this document has helped you appreciate the nature, depth and importance that I place upon approaching health from a Functional Medicine perspective.

If this aligns with the aspirations you have for your health, then the next step would be to contact me personally and directly at pete@petewilliams.org

You will receive a reply from me at the earliest opportunity covering the details of the next steps. I look forward to partnering with you.

Best wishes,

Pete

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