

Ricarda's Price List & Service Fees

Championing Health Testing and Preventative Healthcare

HEALTH TESTS:

1. **Oligoscan** @ £125.00 (non-invasive scan of the palm) & Blood Type test (if you don't know your blood type) @ £20.00.

This scan reveals your mineral, vitamin and heavy metal toxin status at a cellular level - it gives an indication of whether you are low in key minerals that support energy, thyroid, bones, nervous system, and detoxification. It can also flag potential overloads or imbalances that may be holding you back from feeling your best, even if standard bloods look "normal".

2. **DNA saliva test** @ £299.00

Your DNA Breakdown report, which includes your genetic factors affecting:

- Sleep Quality & Sleep-Wake Cycles
- Stress Management
- Diet & Nutrition
- Digestion
- Metabolic Function
- Immunity
- Exercise
- Caffeine and Alcohol Sensitivity
- Supplement Guidance
- Hormone Overview Report

3. **Fatty Acid Test** (finger prick test) @ £95.00

Testing and optimising omega-3 status matters because EPA and DHA are built into every cell membrane, where they influence membrane fluidity, cell signalling and the way cells respond to stress and damage. Adequate omega-3 and a healthier omega-6:3 balance help shift the body away from chronic, low-grade inflammation toward active resolution of inflammation, which is linked to better cardiovascular, brain and overall, long-term health outcomes.

4. **Foundational Gut Health Test** (finger prick test) @ £95.00

This test measures how a person's gut bacteria are actually functioning, via blood metabolites, rather than just listing which microbes are present. This functional view links gut activity to immune balance, inflammation, and metabolism, helping to identify whether the gut is supporting or straining overall health.

5. **Food sensitivity testing** (finger prick test) @ £300.00

A comprehensive and accurate food sensitivity test, analysing 270+ food and drink antigens with quantitative results. The test also includes total immune load measurement, which has been linked in studies to systemic inflammation levels.



6. **Food intolerance testing** (finger prick test) @ £199.00

Take a comprehensive food and drink intolerance test to find out whether you have an intolerance to 200 food and drink ingredients.

7. **Comprehensive Gut Health Test** @ £420.00

Accredited laboratory genetic analysis, Comprehensive gut microbiome analysis, Microbiome Diversity (Shannon Index), Intestinal Permeability Index, 10 Gut Health markers & 20 Gut Interaction Insights.

NUTRITION PROGRAMMES:

Basic Nutrition Service @ £130.00

This includes:

- Initial 90–120-minute consultation with a detailed assessment of your medical history, dietary habits, lifestyle, presenting symptoms, review of bodily systems & your goals.
- Kick-Starter 30-minute session where I share my recommendations and give you your personalised food and lifestyle plan.

60-minute follow-up sessions available at £65.00 per session.

Essential 5-week Nutrition Programme £195.00

This includes:

- Initial 90–120-minute consultation with a detailed assessment of your medical history, dietary habits, lifestyle, presenting symptoms, review of bodily systems & your goals.
- Kick-Starter 30-minute session where I share my recommendations and give you your personalised food and lifestyle plan.
- One follow-up 60-minute session (4 weeks after the Kick-Starter session) to check progress, make further changes, or add any further support and resources.
- Recommendation of supplements and medication interactions, if applicable.
- Recommendation of possible functional tests and interpretation thereof, if applicable.
- Resources to support recommendations such as recipes, meal plans, shopping advice etc.
- Coaching to support your new goals.
- Email & messaging support.
- Additional 60-minute follow-up sessions available at £65.00 per session.



5-week Blood Glucose Nutrition Programme @ £315.00 (payable in 2 instalments)

This includes:

- Initial 90–120-minute consultation with a detailed assessment of your medical history, dietary habits, lifestyle, presenting symptoms, review of bodily systems & your goals.
- Kick-Starter 30-minute session, after a 2-week blood glucose monitoring period, where I share my recommendations and give you your personalised food and lifestyle plan, followed by another 2-week blood glucose monitoring period.
- One follow-up 60-minute session (2 weeks after the Kick-Starter session) to check progress, make further changes, or add any further support and resources.
- Recommendation of supplements and medication interactions, if applicable.
- Recommendation of possible functional tests and interpretation thereof, if applicable.
- Resources to support recommendations such as recipes, meal plans, shopping advice etc.
- Coaching to support your new goals.
- Email & messaging support.
- Additional 60-minute follow-up sessions available at £65.00 per session.

Enhanced 15-week Nutrition Programme (with a test) £395.00 (payable in 3 instalments)

This includes:

- Initial 90–120-minute consultation with a detailed assessment of your medical history, dietary habits, lifestyle, presenting symptoms, review of bodily systems & your goals.
- Kick-Starter 30-minute session where I share my recommendations and give you your personalised food and lifestyle plan.
- Two 60-minute follow-up sessions to check progress, make further changes, or add any further support and resources.
- Four 30-minute review calls.
- Recommendation of supplements and medication interactions, if applicable.
- Recommendation of possible functional tests and interpretation thereof, if applicable.
- Resources to support recommendations such as recipes, meal plans, shopping advice etc.
- Coaching to support your new goals.
- Email & messaging support.
- Also includes one finger-prick health test as applicable to you.

Premium 18-week Nutrition and Health Testing Programme £995.00 (payable in 5 instalments)

This includes:

- Initial 90–120-minute consultation with a detailed assessment of your medical history, dietary habits, lifestyle, presenting symptoms, review of bodily systems & your goals.
- Kick-Starter 30-minute session where I share my recommendations and give you your personalised food and lifestyle plan.
- One 60-minute follow-up sessions to check progress, make further changes, or add any further support and resources.
- Three 45-minute review calls.
- Four 30-minute review calls.
- Recommendation of supplements and medication interactions, if applicable.
- Recommendation of possible functional tests and interpretation thereof, if applicable.



- Resources to support recommendations such as recipes, meal plans, shopping advice etc.
- Coaching to support your new goals.
- Email & messaging support.
- Also includes a set of different health tests as applicable to you.

These tests together give a simple, outcome-focused picture of “how well your body is really working” so that nutrition and lifestyle changes can be truly personalised for better energy, digestion, resilience and long-term health. Each test looks at a different piece of the puzzle and combined, they move you from guessing to targeted action for your body.

These tests include:

- How well your fats protect you (cellular health, organ health, nutrient absorption, inflammation levels, brain health, heart health etc).
- How your gut is influencing your whole body (immune health, nervous system, mood, sleep, nutrient absorption etc).
- Your genetic tendencies for health (helps you understand your body's unique blueprint—so you can make smarter choices, faster. From energy levels to nutrient needs, we decode your genes and turn the science into clear, actionable insights).
- Your mineral and toxin status at a cellular level (Gives an indication of whether you are low in key minerals that support energy, thyroid, bones, nervous system, and detoxification. Can flag potential overloads or imbalances that may be holding you back from feeling your best, even if standard bloods look “normal”).