

Privacy Notice

Naturally Guided Nutrition

Last Updated: March 2026

1. Who We Are

Naturally Guided Nutrition provides personalised nutritional therapy services designed to support individuals in improving their health and wellbeing through evidence-based nutrition and lifestyle guidance.

We act as the **data controller** for the personal data you provide.

2. Contact Details

If you have any questions about this Privacy Notice or your data, please contact:

Email: NaturallyGuidedNutrition@gmail.com

3. What Information We Collect

We may collect and process the following data:

- Name and contact details
- Information provided via forms, email, phone, or consultations
- Health and lifestyle information relevant to your care
- Payment and transaction details (where applicable)
- Website usage data (e.g. IP address, browser type)

Health data is classified as special category data under UK GDPR.

4. How We Collect Your Data

We collect your data through:

- Website forms and enquiries
 - Consultation sessions (online, phone, or in person)
 - Health questionnaires and client forms
 - Purchases and payments
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5. How We Use Your Data

We use your data to:

- Deliver nutritional therapy services
 - Communicate with you
 - Maintain accurate client records
 - Fulfil legal and regulatory obligations
 - Send marketing communications (where consent is given)
 - Improve our services
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6. Legal Basis for Processing

We rely on the following lawful bases:

- **Contract** – to provide services
- **Legal obligation** – for compliance purposes
- **Legitimate interests** – to operate and improve services
- **Consent** – for marketing and processing health data

Health data is processed **only with your explicit consent**.

7. Sharing Your Data

We may share your data:

- With your consent
- Where required by law
- With trusted third-party providers (e.g. booking systems, email platforms, professional advisors)

All third parties act as **data processors** and are required to protect your data.

8. Website Hosting and Third Parties

Our website is hosted by GoDaddy. Your data may be stored on secure servers managed by this provider.

Where payments are made online, they are handled by secure third-party payment processors. We do not store full card details.

9. International Transfers

Some providers may process data outside the UK. Where this occurs, appropriate safeguards are in place in line with UK GDPR.

10. Data Retention

We retain data as follows:

- Client records: duration of relationship + 7 years
 - Children's records: until age 25
 - Marketing data: until you unsubscribe
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11. Data Security

We implement appropriate measures including:

- Secure systems and storage
 - Restricted access
 - Password protection
 - Encryption where appropriate
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12. Cookies

Our website may use cookies to support functionality and basic analytics. You can manage cookies via your browser settings.

13. Your Rights

You have the right to:

- Access your data
- Correct inaccuracies
- Request deletion (where applicable)
- Restrict or object to processing
- Request data transfer

You may also lodge a complaint with the Information Commissioner's Office.

14. External Links

We are not responsible for the privacy practices of other websites linked from our site.

15. Updates

This policy may be updated periodically. Please check for updates.