

Information Sheet 2026

Homeopathy and GAPS™ Consultations with Elin Alaw

Professional Homeopath and Certified GAPS™ Practitioner

Treatment Fees and Accessibility

The fees below reflect the time, care, experience and administration involved in running a professional homeopathic practice.

If the cost of treatment is beyond your means, please speak to me about obtaining a **discount code** to make your care accessible.

It goes against every bone in my body to think that health and healing might be financially out of anyone's reach, so please do ask — we can usually find a plan that works.

I am also deeply grateful to those of you who choose to offer **overpayments** to help subsidise treatment for another patient in financial need. Your generosity will be advertised anonymously on my website, and the funds passed on via a discount code.

Homeopathy

Initial Consultation – £150

- Duration: up to 2 hours
- This fee also includes time spent working on your case afterwards, as well as your **bespoke homeopathic medicines** and reasonable brief advice between appointments (by short phone calls or emails).
- In rare cases, you may need to purchase additional remedies (e.g. for an acute illness when postal delivery would be too slow, or if we are in different countries at the time of consultation).
- You are encouraged to have a **homeopathic first-aid kit** available for common acute issues (such as flu, food poisoning, bumps or bruises) which may arise between appointments.

Follow-Up Consultation – £95

- Duration: up to 1 hour
- Typically, the first follow-up takes place about four weeks after your initial consultation, with a second follow-up four weeks later.
- Depending on your progress and the complexity of your case, we may continue monthly, or extend the interval to 3–6 months as appropriate.
- In some cases, shorter but more frequent appointments may be recommended.

- If your last appointment was over 12 months ago, we may need to restart with a full-length consultation and corresponding fee.

Quick Question or Acute Appointment – £30

- Duration: 20 minutes
 - If you have a quick question or if an acute illness arises before your next scheduled appointment, please email me first — I will do my best to advise briefly by email at no extra cost.
 - If your concern requires more detailed discussion (as is sometimes the case with what appears to be ‘just a quick question’) I will direct you to book a short appointment.
 - This service is available to **current patients** who have been seen for a follow-up within the last 6 months, and who have a follow-up already scheduled.
 - If you are not a current patient and require acute advice, please contact the **independently run Homeopathic Helpline**: 0906 534 3404.
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G.A.P.S.[™] Daily Touch Base – £30

- Duration: 20 minutes
 - Designed for current homeopathy patients who are beginning the GAPS[™] programme.
 - Many find it helpful to check in every other day for the first week, twice in the second week, and weekly thereafter until the next full-length follow-up.
 - These short sessions provide accountability and support during periods of die-off, flare-ups, or practical challenges with food preparation.
 - You are advised to be familiarise yourself beforehand with the work of Dr Natahsa Campbell-McBride (either the yellow-covered *Gut and Psychology Syndrome* or blue-covered *Gut and Physiology Syndrome*). You will also need your own personal copy of *The Heal Your Gut Cookbook* by Boynton and Brackett.
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Payment

Payment is taken at the time of booking via **Stripe**.

If a different arrangement is needed, I can provide an alternative, one-off payment link.

Health Questionnaire

After booking, you will receive a link to a **Health Questionnaire** to complete and return electronically.

Your responses save valuable time in consultation and allow me to tailor your treatment plan more effectively.

Recordings

Sessions are usually **video recorded** for the purpose of revisiting details before preparing your prescription.

Your Health Questionnaire includes a tick box and signature line for you to give consent to this recording.

Recordings are treated as confidential and stored securely.

Online Appointments

Most consultations are now held **online**.

After booking, you will receive a confirmation email, along with reminder messages 3 days and 1 day before your appointment. These include your **Zoom link**.

Please:

- Place your device on a stable, flat surface for clear video quality.
- Ensure you have privacy and can speak freely, without background noise or interruptions.
- Be fully present and avoid multitasking — please do not drive, cook, eat your dinner or clean the house during the session.

For child consultations:

- I will need to see and briefly speak with your child at the start of the session.
 - Have toys, colouring books or quiet activities nearby to keep them occupied while we continue our discussion, or arrange for another adult to be on hand to care for the child.
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Face-to-Face Appointments

In-person consultations are available on a limited basis in the **Llanrwst area**.

If you prefer to meet face to face, please email me directly at elinalawhomeopath@yahoo.co.uk.

For everyone's comfort and wellbeing:

- Please do not bring pets to the clinic.
 - Try not to arrive too early, as there is no waiting room.
 - Smoking, vaping, and strong perfumes are not permitted in the building.
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Payment and Cancellation Policy

- Full payment is required at the time of booking.
 - Payments are **non-refundable**, except in the event that I need to cancel or reschedule your appointment.
 - If you cancel with **at least 48 hours' notice**, you may request to **reschedule** your session (subject to availability).
 - No refunds are given if you cancel, arrive late, or altogether miss your appointment.
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Further Information

Thank you for your interest in treatment — I look forward to working with you.
If you have any questions, please don't hesitate to get in touch.

Elin Alaw

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