

PRIVACY NOTICE

Privacy notice for Natalya Ltd, with our registered office at Rotunda Buildings, Montpellier Exchange, Cheltenham, GLOS, GL50 1SX, United Kingdom, a company registered in England and Wales under company number 14390668.

This privacy notice tells you what to expect us to do with your personal information.

We hold some information about you. This document outlines how that information is used, who we may share that information with and how we keep it secure. This notice does not provide exhaustive detail. However, we are happy to provide any additional information or explanation needed. Any requests for this should be sent to nutritionbynatalya@gmail.com. We keep our Privacy Notice under regular review. This Privacy Notice was last reviewed in November 2025.

1. What We Do

We provide nutritional therapy services to clients to improve their health through diet, nutraceutical prescription (supplements) and lifestyle interventions. We focus on preventative healthcare, the optimisation of physical and mental health and chronic health conditions. Through nutritional therapy consultations, dietary and lifestyle analysis and biochemical lab testing, we aim to understand the underlying causes of your health issues which we will seek to address through personalised dietary therapy, nutraceutical prescription (supplements) and lifestyle advice.

We also offer an online educational course focused on gut health, hormones and related wellness topics. This course is delivered through a third party website and may involve collecting participant information such as names, contact details, and course activity data for enrolment, communication, and support purposes.

2. How We Obtain Your Personal Data

Information provided by you

You provide us with personal data in the following ways:

- By providing your email address to receive emails regarding one-to-one consultation openings or course sale promotions
- By completing an application form or discovery call form
- By completing a pre-intake health questionnaire
- By completing a diet diary assessment form
- By signing a consent form
- By signing a terms of engagement form
- During a nutritional therapy consultation
- By purchasing a digital product such as an online course
- Through email, social media, over the telephone or by post

- By taking debit card, credit card or online payment

This may include the following information:

- basic details such as name, email, address, contact details and next of kin
- details of contact we have had with you such as referrals and appointment requests
- health information including your previous medical history, dietary, lifestyle, supplement and medicine details, biochemical test results, clinic notes and health improvement plans
- GP contact information
- Bank details or payment information (processed securely through third-party payment providers)
- Course enrolment and usage data, including access, progress, and completion records

We use this information to:

- Provide direct healthcare services
- Inform you about our services and offerings (including one-to-one consultations and online courses), where we have your consent or a legitimate interest and you have the option to opt out of marketing communications
- Deliver and manage our online course, including enrolment, course access, and support

Legal basis for processing:

- Legitimate interests: for providing healthcare services and managing professional records
- Legal obligation: to comply with accounting, tax, or professional record keeping requirements
- Contractual necessity: for administering and delivering the online course, processing payments, and fulfilling our obligations under the course agreement
- Compliance with professional obligations: retaining healthcare data to meet requirements of our professional association (ANP) and registrant body (GNC), including processing information in the event of a complaint. In this case, the legal basis of our holding your personal data is for contract administration.

Information we get from other sources

We may obtain sensitive medical information in the form of test results from biochemical testing companies. We use this information in order to provide you with direct healthcare. This means that the legal basis of our holding your personal data is for legitimate interest.

We may obtain sensitive information from other healthcare providers. The provision of this information is subject to you giving us your express consent. If we do not receive this

consent from you, we will not be able to coordinate your healthcare with that provided by other providers which means the healthcare provided by us may be less effective.

3. How we use your personal data

We act as a data controller for use of your personal data to provide direct healthcare. We also act as a controller and processor in regard to the processing of your data from third parties such as testing companies and other healthcare providers. We act as a data controller and processor in regard to the processing of credit card and online payments.

We also process personal data to deliver and manage our online course, including enrolment, course access, progress tracking, support, and communications related to the course.

We undertake at all times to protect your personal data, including any health and contact details, in a manner which is consistent with our duty of professional confidence and the requirements of the UK General Data Protection Regulation (UK GDPR) concerning data protection. We will also take reasonable security measures to protect your personal data storage.

We may use your personal data where there is an overriding public interest in using the information e.g. in order to safeguard an individual or to prevent a serious crime. Also where there is a legal requirement such as a formal court order. We may use your data for marketing purposes such as newsletters but this would be subject to you giving us your expressed consent.

4. Do you share my information with other organisations?

We will keep information about you confidential. We will only disclose your information with other third parties with your express consent with the exception of the following categories of third parties:

- Our registrant body, GNC and our professional association, ANP, for the processing in the event of a complaint made by you
- Any contractors and advisors that provide a service to us or act as our agents on the understanding that they keep the information confidential
- Anyone to whom we may transfer our rights and duties under any agreement we have with you
- Any legal or crime prevention agencies and/or to satisfy any regulatory request (eg, ANP or GNC) if we have a duty to do so or if the law allows us to do so.

We may share your information with supplement companies and biochemical testing companies as part of providing you with direct healthcare. We will not include any sensitive

information.

We will seek your express consent before sharing your information with your GP or other healthcare providers. However if we believe that your life is in danger then we may pass your information onto an appropriate authority (such as the police, social services in the case of a child or vulnerable adult, or GP in case of self-harm) using the legal basis of vital interests.

We may share your case history in an anonymised form with our peers for the purpose of professional development. This may be at clinical supervision meetings, conferences, online forums, and through publishing in medical journals, trade magazines or online professional sites. We will seek your explicit consent before processing your data in this way.

We may use third-party Service Providers to manage your personal data.

Practice Better

Practice Better is an electronic practice management tool which stores health records, appointment information, and communication between practitioners and clients.

For more information on the privacy practices of Practice Better, please visit the Practice Better Privacy page: <https://practicebetter.io/privacy/>

Payhip

Payhip is an online course platform that we use to host and deliver our digital products. When you enrol in an online course, we share the following information with Payhip as necessary to deliver the course: your name, email address, course enrolment details, course progress, and payment information. The legal basis for this sharing is contractual necessity, to enable access to the course and fulfil our obligations to you.

For more information on the privacy practices of Payhip, please visit the Payhip privacy page: <https://payhip.com/privacy>

5. What are my rights?

Every individual has the right to see, amend, delete or have a copy, of data held that can identify you, with some exceptions. This applies to all personal data we process, including information collected for direct healthcare services and online courses. You do not need to give a reason to see your data.

You don't usually need to pay a fee to exercise your rights. If you make a request, we have one calendar month to respond to you.

To make a data protection rights request, please contact us by email at nutritionbynatalya@gmail.com.

Our response will include the details of the personal data we hold on you including:

- Sources from which we acquired the information
- The purposes of processing the information
- Persons or entities with whom we are sharing the information

You have the right, subject to exemptions, to ask to:

- Have your information deleted
- Have your information corrected or updated where it is no longer accurate
- Ask us to stop processing information about you where we are not required to do so by law, or in accordance with professional standards (ANP and GNC guidelines), or contractual necessity.
- Receive a copy of your personal data in a structured, commonly used format and have the right to transmit that data to another controller, without hindrance from us.
- Object at any time to the processing of personal data concerning you, including for marketing purposes.
- Withdraw consent at any time for processing based on consent, without affecting the lawfulness of prior processing.

6. What safeguards are in place to ensure data that identifies me is secure?

We only use information that may identify you in accordance with UK GDPR. This requires us to process personal data only if there is a legitimate basis for doing so and that any processing must be fair and lawful.

Within the health sector, we also have to follow the common law duty of confidence, which means that where identifiable information about you has been given in confidence, it should be treated as confidential and only shared for the purpose of providing direct healthcare. We will protect your information, inform you of how your information will be used, and allow you to decide if and how your information can be shared.

We also ensure the information we hold is kept in secure locations, with restricted access to information to authorised personnel only, and that personal and confidential information is encrypted on GDPR-compliant servers.

We ensure external data processors that support us are legally and contractually bound to operate and prove security arrangements are in place where data that could or does identify a person are processed.

We are registered with the Information Commissioner's Office (ICO) as a data controller and collect data for a variety of purposes. A copy of the registration is available through the ICO website (search by business name).

7. How long do you hold confidential information for?

We will only retain your personal data for as long as necessary to fulfil the purposes we collected it for, including for the purposes of satisfying any legal, accounting, or reporting requirements.

To determine the appropriate retention period for personal data, we consider the amount, nature, and sensitivity of the personal data, the potential risk of harm from unauthorised use or disclosure of your personal data, the purposes for which we process your personal data and whether we can achieve those purposes through other means, and the applicable legal requirements.

By law we have to keep basic information about our customers for six years after they cease being customers for tax purposes.

8. Website technical details

Forms:

We do use electronic forms on our website making use of an available 'forms module' which has a number of built-in features to help ensure privacy. We also aim to use secure forms where appropriate.

Cookies:

In compliance with EU legislation, the following table lists the use of cookies on this website:

Cookie name	Purpose
AcceptCookies	This is used to store whether you have agreed to receive cookies. Persistent for one year.
Google Analytics _utma _utmb _utmc _utmz	These cookies are used to collect information about how visitors use our site. We use the information to compile reports and to help us improve the site. The cookies collect information in an anonymous form, including the number of visitors to the site, where visitors have come to the site from and the pages they visited.

We do not make use of cookies to collect any private or personally identifiable information. The technical platform of this website uses cookies solely to aid the proper technical functioning of the website. The cookies used contain random strings of characters alongside minimal information about the state and session of the website – which in no way collects or discloses any personal information about you as a visitor.

Advanced areas of this site may use cookies to store your presentation preferences in a purely technical fashion with no individually identifiable information. Note also our statement on analytics software below – as analytics software also uses cookies to function.

Most web browsers allow some control of most cookies through the browser settings. To find out more about cookies, including how to see what cookies have been set and how to manage and delete them, visit www.allaboutcookies.org

To opt out of being tracked by Google Analytics across all websites visit <http://tools.google.com/dlpage/gaoptout>

9. Analytics

Like most websites, we make use of analytics software in order to help us understand the trends in popularity of our website and of different sections. We make no use of personally identifiable information in any of the statistical reports we use from this package. We use an analytics package called Google Analytics who provide details of their [privacy policy](#) on the Google website.

10. Third Party Links

This website may include links to third-party websites, plug-ins and applications. Clicking on those links or enabling those connections may allow third parties to collect or share data about you. We do not control these third-party websites and are not responsible for their privacy statements. When you leave our website, we encourage you to read the privacy notice of every website you visit.

11. Complaints

If you have a complaint regarding the use of your personal data then please contact us by emailing the Data Controller at nutritionbynatalya@gmail.com.

If you remain unhappy with how we've used your data after raising a complaint with us, you can also complain to the ICO. The ICO's address:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Helpline number: 0303 123 1113