

Scope of Practice (UK & International Clients)

BioSatmya provides integrative health and wellbeing support within a clearly defined professional scope, aligned with UK regulations and adapted for international clients.

All services are delivered by **Fathima Fahad**, who is insured for Ayurvedic Medicine and Health Coaching, with professional, public, and product liability cover in place.

What I Provide

Services are educational, supportive, and lifestyle-focused, including:

- **Health Coaching**
Supporting clients to develop sustainable, personalised health behaviours.
- **Lifestyle Guidance**
Advice on nutrition, daily routines, sleep, movement, and stress management.
- **Behaviour Change Support**
Evidence-informed strategies based on health psychology to support habit formation and long-term change.
- **Ayurvedic Lifestyle Advice**
Non-medical guidance based on traditional Ayurvedic principles, adapted to modern lifestyle and individual patterns.
- **Health & Wellbeing Education**
Helping clients understand the interaction between gut health, nervous system regulation, behaviour, and lifestyle.

What I Do Not Provide

To ensure safety and legal compliance across jurisdictions, I do **not** provide:

- Medical diagnosis or clinical treatment of diseases
- Emergency or urgent medical care
- Services that replace your GP, physician, or specialist care
- Prescription of medications or restricted substances
- Medical advice regulated under any country's healthcare laws

Jurisdiction & International Practice

- Services are delivered **from the United Kingdom** and follow UK professional and legal standards.

- Clients accessing services from outside the UK are responsible for ensuring that participation complies with their **local laws and regulations**.
- Services are provided as **health coaching and wellbeing support**, not as licensed medical care in any jurisdiction.

Insurance & Practice Boundaries

All services are delivered within:

- Approved qualifications
- Insured modalities
- Scope permitted under UK law

Any additional therapies or interventions are only provided where:

- Appropriate qualifications are held
- Insurance cover is in place

When to Seek Medical Care

Clients should seek support from a qualified medical professional if they experience:

- New, unexplained, or worsening symptoms
- Persistent physical or mental health concerns
- Conditions requiring diagnosis, investigation, or treatment
- Any emergency situation

👉 UK clients: contact **NHS 111 or 999**

👉 International clients: contact your **local emergency or healthcare provider**

Collaborative Care Approach

BioSatmya services are designed to **complement, not replace medical care**.

Clients are encouraged to:

- Maintain communication with their healthcare providers
- Seek medical advice when needed
- Take an active and informed role in their health