Health & Professional Scope Statement

Important information about The Anti-SKINflammation Method

Last updated: 10 November 2026

This Health & Professional Scope Statement explains the nature and limits of the services provided through **The Anti-SKINflammation Method**, including the Core programme and The Anti-SKINflammation Method Inner Circle.

It should be read together with the Programme Terms & Conditions and Privacy Policy.

The programme is provided by:

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UK-qualified Nutritional Therapist
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By enrolling in or participating in the programme, you acknowledge and accept the professional scope and health-related boundaries described below.

1. Professional status and scope

I am a UK-qualified Nutritional Therapist with a **BSc (Hons) in Nutritional Therapy**.

I practise in Switzerland within the field of complementary nutrition and lifestyle practice.

I do not represent myself as a medical doctor, dermatologist or other medical practitioner, nor as practising the Swiss-regulated profession of **Ernährungsberaterin/Ernährungsberater under the Swiss Health Professions Act (GesBG)**.

My role is to provide nutrition and lifestyle education, guidance and support and, where included in the service purchased, personalised nutritional therapy within the limits of my education, qualifications, professional competence and lawful scope of practice.

Where a matter falls outside that scope, I may decline to advise on it and recommend that you obtain appropriate medical or other professional advice.

2. Nutritional therapy is not medical treatment

Nutritional therapy can be used alongside conventional healthcare, but it is **not a substitute for medical diagnosis, medical treatment or appropriate medical supervision**.

Information or recommendations provided through the programme do not constitute:

- a medical diagnosis or differential diagnosis;
- medical treatment of eczema or another disease;
- prescription of medication;
- alteration of prescription medication;
- emergency or urgent medical care; or
- a substitute for advice from your doctor, dermatologist or other appropriately qualified healthcare professional.

Personalised recommendations provided through Inner Circle are professional nutritional therapy recommendations based on the information available to me. They remain **nutritional and lifestyle guidance, not medical diagnosis or medical treatment**.

Participation does not create a doctor-patient relationship.

3. Eczema remains a medical condition

Eczema and other skin disorders can require medical assessment and treatment.

The Anti-SKINflammation Method does not diagnose whether a skin problem is eczema, determine which medical subtype or condition you have, or rule out other causes of skin symptoms.

If your skin symptoms have not been appropriately evaluated by a doctor or other suitably qualified healthcare professional, if your symptoms change significantly, or if you develop symptoms that are new, severe, rapidly worsening, infected or otherwise concerning, you should seek appropriate medical advice.

The programme is intended to help you explore nutrition and lifestyle factors and support your overall health, wellbeing and skin **alongside appropriate medical care**.

It must not be used to delay, avoid or replace necessary medical assessment or treatment.

4. Medication and prescribed treatment

I do not prescribe medication.

I will not instruct you to stop, reduce, increase, replace or otherwise alter medication prescribed by your doctor or another authorised healthcare professional.

This includes, without limitation, topical or systemic treatments used for eczema.

If you are considering changing or discontinuing a prescribed treatment — including topical corticosteroids — you should discuss this with the healthcare professional responsible for your treatment.

Information within the programme about my own history or experience with topical steroids or topical steroid withdrawal is shared for educational and lived-experience purposes. It must not be interpreted as an instruction to discontinue prescribed treatment.

If you choose to alter medication contrary to the advice of your prescribing clinician or without appropriate medical supervision, that decision is outside the scope of the programme.

5. Relationship with your doctor and other healthcare professionals

You remain responsible for obtaining and maintaining appropriate medical care.

Where relevant to your circumstances, you should inform your doctor, dermatologist, pharmacist or other appropriate healthcare professional that you are participating in a nutritional therapy programme and may be making changes to your diet, supplement use or lifestyle.

This is particularly important where a proposed change could interact with:

- prescription or over-the-counter medication;
- an existing medical condition;
- diagnosed allergies;
- pregnancy or breastfeeding;
- medical treatment; or
- another healthcare professional's recommendations.

Where appropriate, I may recommend that you obtain medical input before implementing a particular recommendation.

I may also recommend that you return to your doctor or another practitioner if symptoms, test findings or information you provide indicate that medical or specialist assessment may be appropriate.

6. Your responsibility for health information

Personalised nutritional therapy depends upon the quality and completeness of the information available to the practitioner.

For Inner Circle, you are responsible for providing information that is accurate, complete and current to the best of your knowledge, including relevant information concerning:

- diagnosed medical conditions;
- current and previous symptoms;
- prescribed and non-prescribed medication;
- supplements and herbal products;
- known or suspected allergies;
- previous adverse reactions;
- pregnancy, breastfeeding or plans to conceive;
- significant dietary restrictions;
- relevant laboratory or medical findings; and
- material changes in your health during the programme.

You must tell me if relevant information changes.

I cannot reasonably take account of information that has not been disclosed to me.

Recommendations made on the basis of incomplete, inaccurate, misleading or outdated information may no longer be appropriate.

7. Food allergies, intolerances and elimination or reintroduction

The programme may discuss elimination diets, food challenges and structured reintroduction.

These strategies are **not instructions to deliberately expose yourself to a medically diagnosed or potentially serious allergen**.

If you have a diagnosed food allergy, history of a significant allergic reaction or have been medically instructed to avoid a particular food, you should not reintroduce or challenge that food without appropriate medical advice and, where necessary, medical supervision.

Programme reintroduction exercises are not intended to override medically required dietary exclusions.

For example, a participant with diagnosed coeliac disease should not interpret a programme reintroduction exercise as an instruction to deliberately consume gluten.

Restrictive diets can also create nutritional inadequacy if used unnecessarily or for extended periods. Elimination should therefore be purposeful, time-limited where appropriate and followed by suitable nutritional replacement and reassessment.

8. Pregnancy, breastfeeding, eating disorders and other circumstances requiring additional care

Nutrition and supplement requirements may differ significantly during pregnancy, breastfeeding and certain medical conditions.

You should obtain appropriate medical or specialist advice before implementing significant dietary changes, fasting practices, restrictive diets or supplement programmes if you:

- are pregnant, breastfeeding or trying to conceive;
- have or have previously had an eating disorder or disordered eating;
- are significantly underweight or at risk of malnutrition;
- have a medical condition requiring specialised dietary management;
- have significant kidney, liver, gastrointestinal, metabolic or endocrine disease;
- take medication that may be affected by dietary or supplement changes; or
- have another circumstance in which dietary change may require professional medical supervision.

I may decline, modify or postpone a recommendation where I consider medical or specialist input appropriate.

9. Supplements

The programme may include education about nutritional supplements and, in Inner Circle where appropriate, individual supplement recommendations within my professional scope.

Supplements are not automatically suitable or necessary for every participant.

They may have contraindications, cause adverse effects or interact with medication, other supplements or medical conditions.

You are responsible for telling me about medications and supplements you are taking and for informing relevant healthcare professionals about supplement use where appropriate.

Where there is a significant potential interaction, contraindication or matter outside my professional scope, I may recommend that you seek advice from your doctor or pharmacist before beginning or continuing a supplement.

A supplement recommendation is not a prescription for a medicinal product and does not replace prescribed medical treatment.

10. Laboratory and functional testing

Laboratory or functional testing may occasionally be discussed or suggested where I consider that it could provide useful information for nutritional or lifestyle decision-making.

Testing is **not automatically required** to participate in the programme and, unless expressly stated otherwise, is not included in the programme fee.

No test used within nutritional therapy should be understood as providing a guaranteed explanation or single “root cause” of eczema.

Test results have limitations and must be interpreted in the context of the individual, the purpose of the test, the available evidence and any appropriate medical assessment.

Where a test result potentially indicates a medical issue or requires medical interpretation, diagnosis, treatment or further medical assessment, you will be advised to discuss it with a doctor or other appropriately qualified healthcare professional.

You should not change prescribed medication or medical treatment solely because of a test result discussed through the programme.

For Inner Circle participants, where functional laboratory testing is undertaken, I may review and interpret relevant results within my professional scope and incorporate appropriate findings into personalised nutrition and lifestyle recommendations. The cost of laboratory testing is payable separately by the participant.

11. Core programme: education and group support

The Core programme provides structured nutrition and lifestyle education and group coaching without the comprehensive individual assessment included in Inner Circle.

Information provided in:

- programme lessons;
- worksheets or resources;
- community discussions;
- group coaching calls; or
- answers to another participant's questions

must not be assumed to be individually appropriate for you simply because your symptoms appear similar.

A discussion of a food, supplement, symptom, lifestyle strategy, test or research finding in a group environment does not constitute personalised medical advice, diagnosis or treatment and should not be assumed to be individually appropriate for you.

I may decline to answer a group question where responsible guidance would require an individual nutritional assessment, medical diagnosis or treatment, or assessment by an appropriately qualified healthcare professional.

12. Inner Circle: personalised nutritional therapy

Inner Circle includes an individual nutritional and lifestyle assessment based on the health history, information and circumstances you provide.

Personalisation does not turn nutritional therapy into medical care.

Even after individual assessment, I do not diagnose disease, prescribe medication, provide emergency healthcare or replace the role of your doctor or dermatologist.

Recommendations may change as new information becomes available or as your circumstances, symptoms, medication, diet or response change.

A recommendation appropriate at one point in time may not remain appropriate indefinitely.

13. Stress, sleep and emotional wellbeing

The programme may discuss stress, sleep, behaviour, mindset and nervous-system regulation because these can be relevant to lifestyle and wellbeing.

This does not constitute psychotherapy, psychological diagnosis, psychiatric treatment or mental-health crisis care.

If you have a mental-health condition requiring treatment or experience significant psychological distress, you should obtain appropriate support from a qualified mental-health professional.

If you are experiencing a medical or mental-health emergency, contact the appropriate emergency service or healthcare provider in your location rather than waiting for a response through the programme.

14. Private messaging is not an emergency service

Private messaging available to Inner Circle participants is intended for reasonable nutritional therapy questions, clarification and implementation support.

Messages are **not monitored continuously**.

The stated response timeframe is not suitable for emergencies or urgent health concerns.

Do not use programme messaging to seek urgent medical advice.

If you believe that you may require urgent medical attention, contact your doctor, local urgent-care service or emergency service immediately.

15. Voluntary participation and implementation

Participation in the programme is voluntary.

You remain responsible for deciding whether and how to implement information and recommendations provided to you.

You are not required to implement a recommendation merely because it appears in the programme or has been discussed with you.

You should use reasonable judgement and take account of your own circumstances, known medical conditions and advice received from the healthcare professionals responsible for your care.

If you experience an adverse reaction, significant worsening of symptoms or another health concern after implementing a dietary, supplement or lifestyle change, you should stop the relevant change where appropriate and obtain suitable professional or medical advice.

16. Individual responses vary

Nutrition, lifestyle and eczema responses vary substantially between individuals.

Something that is well tolerated or helpful for one person may have no effect or may be unsuitable for another.

The fact that a strategy is supported by research, is commonly used in nutritional therapy, helped another participant or formed part of my own experience does not establish that it will be appropriate or effective for you.

Recommendations may therefore need to be adjusted, discontinued or reconsidered.

17. My personal eczema experience

I may share aspects of my own history with eczema and topical steroid withdrawal as part of the programme.

This lived experience is shared to provide context, understanding and support.

It is **not evidence that the same factors caused your eczema, that the strategies I personally used caused my recovery, or that another person will experience the same outcome**.

Personal experience and professional evidence are not the same thing, and I will distinguish between them where relevant.

18. No guarantee of health outcomes

Eczema is complex and individual, and outcomes vary between participants.

Participation in The Anti-SKINflammation Method does **not** guarantee:

- cure of eczema;
- permanent remission;
- clear or perfect skin;
- freedom from future flares;
- reduction or elimination of medication;
- a particular improvement in itching, sleep, appearance or other symptoms;
- a particular response to any food, supplement or lifestyle strategy;
- identification of a single cause or “root cause” of your eczema;
- a particular laboratory or medical outcome; or
- the same or similar results experienced by me or by another participant.

Testimonials, case examples and descriptions of personal experience are not predictions or guarantees of your individual results.

The purpose of the programme is to provide a structured, evidence-informed approach to nutrition and lifestyle and help you develop a clearer strategy for supporting your health, wellbeing and skin.

19. Evidence and evolving knowledge

Nutrition, dermatology, the microbiome, supplements and other areas discussed within the programme are fields in which scientific knowledge continues to develop.

Where possible, the programme distinguishes between established evidence, emerging evidence, clinical considerations and areas of uncertainty.

The existence of a scientific study does not establish that an intervention is effective or appropriate for every individual.

Programme content may therefore be updated as evidence, professional guidance or safety information evolves.

20. Referral and refusal to advise

I reserve the right to decline to provide or continue a particular recommendation or service where, in my professional judgement:

- it falls outside my training, competence or professional scope;
- **assessment by a doctor or another appropriately qualified healthcare professional is required;**
- continuing without medical input may be inappropriate or unsafe;
- relevant information has not been provided;
- a participant requests advice that I cannot responsibly provide;
- local legal or professional requirements restrict the service; or
- another healthcare professional is more appropriately qualified to address the issue.

Referral to a doctor or another professional should not be interpreted as a diagnosis. It means that the matter would be more appropriately assessed within another professional's scope.

21. Cross-border services

Szilvia Molnar Nutrition & Lifestyle is based in Switzerland and services are provided from Switzerland.

The programme is intended to provide nutritional therapy, nutrition education and lifestyle support within my lawful professional scope.

It is not intended to provide a service that requires a medical or other professional licence or authorisation that I do not hold.

Where applicable laws, professional restrictions, insurance requirements or other regulatory considerations affect the services that may appropriately be provided to a participant in a particular location, I may limit, modify, postpone or decline the relevant service.

The geographic eligibility rules contained in the Programme Terms & Conditions also apply.

22. Confidentiality and communication with other practitioners

Health information disclosed in connection with the programme will be treated confidentially and handled in accordance with applicable professional obligations and the Szilvia Molnar Nutrition & Lifestyle Privacy Policy.

Where coordination with a doctor or another healthcare professional would be useful, information will not ordinarily be shared with that person without your permission.

Further information concerning collection, storage, use and disclosure of personal and health information is contained in the Privacy Policy.

23. Client acknowledgement

By participating in The Anti-SKINflammation Method, you acknowledge that you understand:

- the professional scope of the programme;
- the distinction between nutritional therapy and medical care;
- that the programme does not replace your doctor or dermatologist;
- that prescribed medication should not be altered on the basis of the programme without appropriate medical supervision;
- that you remain responsible for seeking medical care where appropriate;
- that accurate disclosure of relevant health information is important for personalised support;
- that nutritional, supplement and lifestyle interventions can affect different people differently;
- that participation and implementation are voluntary; and
- that no particular health or eczema outcome has been promised or guaranteed.

If you do not understand any part of this statement, please contact **support@szilviamolnarnutrition.com** before implementing recommendations or participating in personalised nutritional therapy.