



WEBSITE PRIVACY POLICY

BACKGROUND:

Nitu Pasricha of Holistic Health Nutrition understands that you care about your data and your privacy is a top priority to you. This Privacy Policy ("policy") explains how Nitu Pasricha of Holistic Health Nutrition ("us", "we", "our") collects, uses, and protects the information you share with us when you visit and use holistichealthnutrition.com ("website", "service"). Any personal information we hold will be used fairly and securely following general data protection regulations (GDPR).

Please read this policy carefully and make sure you understand it. We value and respect the privacy of everyone who access services from this website and request you to accept this privacy information before accessing services where data is collected.

2. Information About US

All services are offered by Nitu Pasricha, Registered Nutritionist (RNutr), regulated by Association for Nutrition (AfN) trading under the name Holistic Health Nutrition.

Registered Address: Available on request.

Data Protection Officer: Nitu Pasricha

Email address: holistichnutrition@gmail.com

3. What Does This Policy Cover?

This Privacy Policy is specific to your use of our website. While our site may include links to other websites, please be aware that we have no control over how those sites collect, store, or use your data. Therefore, we recommend reviewing the privacy policies of any external websites before sharing your information with them.

4. What Is Personal Data?

Personal data, as defined by the General Data Protection Regulation (EU Regulation 2016/679) (the "GDPR") and the Data Protection Act 2018 (collectively, "the Data Protection Legislation"), refers to any information that relates to an identifiable person who can be directly or indirectly identified, particularly by reference to an identifier. In simpler terms, personal data includes any information that can identify you. This encompasses obvious details like your name and contact information, as well as less apparent details like identification numbers, electronic location data, and other online identifiers.

5. What Are Your Rights?

Under the Data Protection Legislation, you are entitled to the following rights, which we are committed to upholding:

a) **The right to be informed** about how we collect and use your personal data. This Privacy Policy should provide all the necessary details, but you can always contact us for further information or with any questions, using the contact information in Part 16.

b) **The right to access** the personal data held by us. Instructions on how to do this are provided in Part 14.





- c) **The right to have your personal data corrected** if it is inaccurate or incomplete. Please reach out to us using the contact information in Part 16 for assistance.
- d) **The right to be forgotten**, which allows you to request the deletion or disposal of any personal data we hold about you.
- e) **The right to restrict** the processing of your personal data.
- f) **The right to object** to the use of your personal data for specific purposes.
- g) **The right to withdraw consent** at any time if we are using your personal data based on your consent. You can withdraw your consent at any time.
- h) **The right to data portability**, which allows you to request a copy of your personal data for reuse with another service or business in cases such as if we are using automated means to process your data that you have directly provided us with consent for contracted services.
- i) **Rights related to automated decision-making and profiling.** We ensure that we do not process your personal data in this manner.

If you want further information on how we use your personal data or how to exercise your rights, please contact us using the details provided in Part 16. It is crucial for us to keep your personal data accurate and up to date. Please notify us of any changes to the personal data as long as we hold it.

Additional information about your rights can be obtained from the Information Commissioner's Office or your local Citizens Advice Bureau.

If you have any questions or concerns about this Privacy Policy or wish to exercise your rights, please contact us using the information in Part 16.

6. What Data Do We Collect and How?

Depending on how you use our website, we may collect, and store certain personal and non-personal data as outlined below, using the methods also described there. If you subscribe to our services, we may collect your contact information and email address. Additionally, tools like Google Analytics or other third-party software may gather data about your online behaviour on our website.

For more information on our use of cookies and similar technologies, please refer to Part 15. Please note that we do not collect any data related to criminal convictions and/or offenses.

Data Collected and How we Collect It:

- **Identity Information:** Includes name, gender, date of birth, and signature.
 - **Collection Method:** Client registration forms.
- **Contact Information:** Includes address, email address, and telephone number.
 - **Collection Method:** Client registration forms.
- **Business Information:** Includes business name, job title, and contact information.
 - **Collection Method:** Emails, LinkedIn, contracts.





- **Profile Information:** Includes preferences, goals, hobbies, weight, height, waist circumference, medical history, family history, sleep patterns, and bowel habits.
 - **Collection Method:** Client registration forms, consultation forms, food and drink diaries, emails.
- **Financial Information:** May include your bank details, payment card and payment transactions details.
- **Permissions:** Includes permission to be added to mailing lists or use quotes.
 - **Collection Method:** Registration forms, evaluation forms.

7. Why We Collect Your Data

We collect your data for several reasons:

- To better understand your needs and offer tailor made services.
- To improve our services and products.
- To communicate with you via emails in response to services requested.
- To reach out to you for surveys and other market research with your consent.
- To tailor our website to your preferences and online behaviour.
- Managing payments for services offered to you.

8. How Do We Use Your Personal Data?

We will only use your personal data for the purposes for which it was collected at first. Under the Data Protection Legislation, we must have a lawful basis to process personal data. The information below outlines how we use your personal data and the legal basis for each use:

- **Registering You on our Site:**
 - **Data Used:** Name, contact details, nature of enquiry, registration to services.
 - **Lawful Basis:** Legitimate interest, to provide the requested information.
- **Administering our Business:**
 - **Data Used:** Name, contact details, permissions for mailing lists, and quotes.
 - **Lawful Basis:** Marketing with consent.
- **Supplying Services to You:**
 - **Data Used:** Identity information (name, gender, date of birth, etc.), contact information, profile information, business information.
 - **Lawful Basis:** To provide the requested service.
- **Personalizing and Tailoring Services for You:**
 - **Data Used:** Identity information, contact information, profile information, business information.
 - **Lawful Basis:** To provide the requested service.
- **Communicating with You:**
 - **Data Used:** Contact information.
 - **Lawful Basis:** To provide the service you have consented to.
- **Financial Data:**
 - **Data Used:** Bank details and transactions details
 - **Lawful Basis:** To manage payments for services offered to you.
- **Marketing:**
 - **Data Used:** Quotes and name.
 - **Lawful Basis:** Consent received.



You will not receive any unlawful marketing or spam, and we will always protect your rights and comply with our legal obligations under the Data Protection Legislation and the Privacy and Electronic Communications (EC Directive) Regulations 2003. You will have the opportunity to opt out at any time.

Third-party content on our site may use cookies as detailed in Part 15. Please note that we do not control the activities or data collection methods of third parties, and we recommend checking their privacy policies.

9. How Long Will We Keep Your Personal Data?

We will retain your personal data only as long as necessary for the purposes for which it was collected. The retention periods are as follows:

- **Identity Information:** 7 years.
- **Contact Information:** 7 years or longer if needed for the mailing list.
- **Business Information:** 7 years.
- **Payment Information:** 7 years after the relevant tax year's 31 January submission deadline.
- **Profile Information:** 7 years.
- **Permissions:** As long as permission is granted.

10. How and Where Do We Store or Transfer Your Personal Data?

We will store or transfer your personal data solely within the UK, ensuring full protection under the Data Protection Legislation.

To protect your personal data, we take several important measures, including:

- Limiting access to your personal data to third parties with a legitimate need to know and ensuring confidentiality obligations are in place.
- Implementing procedures for dealing with data breaches, including notifying you and/or the Information Commissioner's Office when legally required.

11. Do We Share Your Personal Data?

We will not share your personal data with third parties, except where you have given consent. However, in some limited circumstances, we may be legally required to share certain personal data, such as if involved in legal proceedings or complying with legal obligations, court orders, or government instructions.

If any personal data is shared with a third party, we will take steps to ensure that it is handled safely, securely, and in accordance with your rights, our obligations, and the third party's obligations under the law.

12. Safeguarding and Data Protection

We are not responsible if other websites or media republish content from this site without our permission.

13. Can We Withhold Information?



Registered Nutritionist 'Registered with the Association for Nutrition- www.associationfornutrition.org Protecting the public and promoting high standards in evidence-based science and professional practice of nutrition.'



You can access most of our site without providing any personal data. However, certain features and services may require you to submit or allow the collection of specific data. You may restrict our use of cookies—see Part 15 for more information.

14. How Can You Access Your Personal Data?

If you would like to know what personal data we hold about you, you can request details and a copy of that data (if applicable). This is known as a "subject access request." All requests should be made in writing and sent to the email or postal address provided in Part 16.

Subject access requests are typically free of charge unless they are 'manifestly unfounded or excessive' (e.g., repetitive requests), in which case a fee may be charged to cover administrative costs. We will respond to your request within one month of receipt. If the request is complex, we may require more time (up to a maximum of three months), but you will be kept informed of our progress.

15. How Do We Use Cookies?

When you visit a website, it may store or retrieve information in your internet browser, usually through cookies. This information could be about you, your preferences, your device, or your IP address, and it helps the site function as expected. Typically, this information doesn't directly identify you. Cookies do not give us control over your device in any way. You can choose to disable cookies but doing so might affect your experience on the site and limit the services we can offer.

Our site may place and access certain first-party cookies on your computer or device, used to improve your experience and provide services. These cookies are used in accordance with current cookie laws and are carefully chosen to ensure your privacy is protected. You may also receive third-party cookies through our site. These cookies are not essential to the site's function, and you may refuse consent without impairing your experience.

Before placing cookies on your device, you will be asked for your consent via a pop-up. You can deny consent, though some features of our site may not function fully as intended. You can also enable or disable cookies via your internet browser settings. For more details, consult your browser's help menu or your device's documentation.

16. How Do You Contact US?

For any inquiries regarding your personal data and data protection, including subject access requests, please use the following contact details:

- **Email:** holistichnutrition@gmail.com
- **Phone:** +447377595149

17. Changes to this Privacy Policy

This Privacy Policy may be updated periodically. Changes will be posted on our site, and continued use after the updates will constitute acceptance of the revised terms. Please check this page regularly to stay informed. The last update was on 21/09/2026.

