



## Nutritional Therapy Informed Consent and Disclaimer

\_\_\_\_\_, Restorative Wellness  
Practitioner:

Before you choose to use the services of a Functional Nutrition Therapy Practitioner, please read the following information FULLY AND CAREFULLY .

**GOAL:** The basic goal is to encourage people to become knowledgeable about and responsible for their own health, and to bring it to a personal optimum level. Nutritional therapy is designed to improve your optimum health, absent of other non-nutritional complicating factors, and requires a sincere commitment from you, possible lifestyle changes, and a positive attitude. A Functional Nutrition Therapy Practitioner is not trained to provide medical diagnoses, medical codes, or file insurance documentation. No comment or recommendation should be construed as inferring or implying a medical diagnosis. Since every human being is unique, we cannot guarantee any specific result from my programs.

**HEALTH CONCERNS:** If you suffer from a medical or pathological condition, you need to consult with an appropriate medical provider. A Functional Nutrition Therapy Practitioner is not a substitute for your family physician or other appropriate healthcare provider. A Functional Nutrition Therapy Practitioner is not trained nor licensed to diagnose or treat pathological conditions, illnesses, injuries, or disease.

If you are under the care of another healthcare provider, it is important that you to inform your other healthcare providers of your use of nutritional supplements. Nutritional therapy may be a beneficial adjunct to more traditional care, and it may also alter your need for medication, so it is important you always keep your physician informed of changes in your nutritional program.

If you are using medications of any kind, you are required to alert Jaime Heer, FNTPT to such use, as well as to discuss any potential interactions between medications and nutritional products with your pharmacist and prescribing physician.

If you have any physical or emotional reaction to nutritional therapy, discontinue use immediately, and contact your Functional Nutrition Therapy Practitioner to ascertain if the reaction is adverse or an

indication of the natural course of the body's adjustment to the therapy (a healing reaction).

Laboratory testing is performed to determine areas of dysfunction and opportunities for healing, not in diagnosis or treatment. Lab testing can help reveal nutritional deficiencies and weaknesses and assist in guiding the process of rebalancing the systems of the body.

**COMMUNICATION:** Every client is an individual, and it is not possible to determine in advance how your system will react to the supplements you need. It is sometimes necessary to adjust your program as we proceed until your body can begin to properly accept products geared to correct the imbalance. It is your responsibility to do your part by using your nutrition guidelines, exercise your body and mind sufficiently to bring your emotions into a positive balance, eat a proper diet, get plenty of rest, and learn about nutrition. You must stay in contact with Jaime Heer, FNTP, so she can let you know what is happening and the best course of action.

You should request your other healthcare provider, if any, to feel free to contact Jaime Heer, FNTP for answers to any questions they may have regarding nutritional therapy.

By my/our signature(s) below, I/we confirm that I/we have read and fully understand the above disclaimer, are in complete agreement thereto and do freely and without duress sign and consent to all terms contained herein.

NAME (please print) \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_