



## Nutritional Therapy Informed Consent & Disclaimer

By Melanie Christner, Nutritional Therapy & GAPS Practitioner

**Before you choose to use my services as a Nutritional Therapist 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 Nutritional Therapist 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 healthcare provider. A Nutritional Therapist is not a substitute for your family physician or other appropriate healthcare provider. A Nutritional Therapist 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 Melanie Christner to such use, as well as to discuss any potential interactions between medications and nutritional products with your pharmacist. If you have any physical or emotional reaction to nutritional therapy, discontinue use immediately, and contact your Nutritional Therapist™ to ascertain if the reaction is adverse or an indication of the natural course of the body's adjustment to the therapy. ***Laboratory testing is done to determine areas of dysfunction, not in diagnosis or treatment. Lab testing can assist in revealing nutritional deficiencies and weaknesses.***

**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 Melanie Christner 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 Melanie Christner 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** \_\_\_\_\_