

NUTRITIONAL THERAPY INFORMED CONSENT AND DISCLAIMER

Karen Dvornich, Nutritional Therapist, Certified Gluten Practitioner

Before you choose to use my services as a Nutritional Therapist, please read the following information **FULLY and CAREFULLY**.

GOAL: My 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 health, but is not designed to treat any specific disease or medical condition. Reaching the goal of optimum health, absent from other non-nutritional complicating factors, requires a sincere commitment from you, possible lifestyle changes, and a positive attitude. As a Nutritional Therapist, I am trained to evaluate your nutritional needs and make recommendations of dietary change and nutritional supplements. Nutritional Therapists are not trained to provide medical diagnoses, and no comment or recommendation should be construed as being a medical diagnosis.

HEALTH CONCERNS: If you suffer from a medical or pathological condition, you need to consult with an appropriate healthcare provider. As a Nutritional Therapist, I am not a substitute for your family physician or other appropriate healthcare provider and am not trained nor licensed to diagnose or treat pathological conditions, illnesses, injuries, or diseases.

If you are under the care of another healthcare provider(s), it is important that you contact and alert them to 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 me 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 your use immediately, and contact me to ascertain if the reaction is adverse, or an indication of the natural course of the body's adjustment to the therapy.

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 nutritional 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 when we begin so I can let you know what is happening and the best course of action.

You should request your other healthcare provider(s), if any, to feel free to contact me for answers to any questions they may have regarding nutritional therapy. I am willing to contact them at your request.

LICENSURE: A license to practice Nutritional Therapy is not required in Washington or Oregon. However, a Nutritional Therapy Practitioner™ is trained by the Nutritional Therapy Association, Inc.® which provides a certificate of completion to students who have successfully met all course requirements,

including a written and practical exam. Certification as a Gluten Practitioner was accomplished through lectures and written test.

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) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (HOME) _____ (WORK) _____ (OTHER) _____

SIGNATURE _____ DATE _____

SIGNATURE FOR CLIENT _____

RELATIONSHIP TO CLIENT _____ DATE _____

NUTRITIONAL THERAPY MAY NOT BE COVERED BY INSURANCE AND ALL COSTS ARE THE SOLE RESPONSIBILITY OF THE CLIENT.