



NUTRITIONAL THERAPY INFORMED CONSENT AND DISCLAIMER

ANNE FISCHER-SILVA, Nutritional Therapist™

Before you choose to use the services of a Nutritional Therapist™, please read the following information FULLY AND CAREFULLY .

GOAL: Our 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, and no comment or

recommendation should be construed as being a medical diagnosis. Since every human being is

unique, we cannot guarantee and specific result from our 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 the Nutritional Therapist™ 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 their 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.

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 the Nutritional Therapist™ so we 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 the Nutritional Therapist™ for answers to any questions they may have regarding nutritional therapy.

LICENSURE: A Nutritional Therapist™ is not licensed or certified by the State of California. However, a Nutritional Therapist™ is trained by the Nutritional Therapy Association, which provides a certificate of completion of the course of study, as well as a written and practical exam. A license to practice nutritional therapy is NOT required in the State of California.

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.

PRINT NAME

SIGNATURE

DATE _____