



# Nutritional Therapy Informed Consent and Disclaimer

**Kendy Radasky**, Functional Nutritional Therapy Practitioner (FNTTP) & Restorative Wellness Practitioner (RWP):

Before you choose to work with me, please read the following information FULLY AND CAREFULLY.

**GOAL:** Kendy's foundational goal is to encourage you to become knowledgeable about and responsible for your own health, learning how to seek and find the resources you need to grow and thrive. Nutritional therapy is designed to improve your optimum health and requires: 1) a sincere commitment from you, 2) diet and lifestyle changes, and 3) a positive attitude. If you are not willing to change the way you eat and live, Nutritional Therapy is probably not the right approach for you. As a Restorative Wellness Practitioner (a Nutritional Therapist with advanced training), Kendy is not licensed or 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, Kendy cannot guarantee any specific result from her programs or protocols.

**HEALTH CONCERNS:** If you are experiencing a medical or pathological condition, you need to consult with an appropriate medical provider. A Restorative Wellness Practitioner is not a substitute for your family physician or other appropriate healthcare provider. A Restorative Wellness 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 can 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 Kendy 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 unexpected or unpleasant physical or emotional reaction to nutritional therapy, discontinue use immediately, and contact Kendy 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 body will react to the supplements that are recommended. 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 Kendy's nutrition recommendations, 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 Kendy 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 Kendy for answers to any questions they may have regarding nutritional therapy.

**CLIENT PRIVACY POLICY:** During the course of nutritional therapy you will be asked to provide relevant personal details and information relating to your background, lifestyle and health history. This information will be used to help assess your nutritional needs and make recommendations for dietary changes and nutritional supplements to support your goals. It is important that your information is accurate and up-to-date. If you notice any changes to your health, begin taking new prescriptions, etc., please notify Kendy as soon as possible. It is also your right to access or delete your records at any time; to do so, notify Kendy in writing. Kendy will retain your information for the length of time you are a client plus a set period of time after the completion of our work together, after which she will take reasonable steps to dispose of your information in a secure manner. As an FNTF, Kendy is not HIPAA regulated; however, she is committed to protecting client privacy. She will take reasonable steps to protect your information from unauthorized access, use, or disclosure.

In accordance with *Standards for Privacy of Individually Identifiable Health Information*, your consent is required for Kendy to collect and use your personal information.

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

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

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

*If client is under 18yrs of age:*

NAME OF GUARDIAN \_\_\_\_\_

RELATIONSHIP TO CLIENT \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_