

NUTRITIONAL THERAPY GOALS - The fundamental goal of Nutritional Therapy is to encourage people to become knowledgeable about—and responsible for—their own health. Nutritional Therapy Practitioners help individuals reach their optimal level of overall health by supporting nutritional foundations and bringing the vital force back to center. Nutritional Therapy is not designed, however, to treat any specific disease or medical condition. An NTP is trained to evaluate your nutritional needs and make recommendations of dietary change and nutritional supplements. No comment or recommendation from your NTP should be construed as a medical diagnosis or prescription. Reaching optimal health requires your sincere commitment, possible lifestyle changes, and a positive attitude. If you are not willing to change how you eat and live, Nutritional Therapy is not the right approach for you. Since every human being is unique on a biochemical level, we cannot guarantee any specific result from our programs.

Your NTP, John Bougearel, is not a physician or psychologist, and the scope of his consultation services does not include treatment or diagnosis of specific illnesses or disorders. If you suffer from a medical or pathological condition, you need to consult with an appropriate healthcare provider. As an NTP, John Bougearel is not a substitute for your family physician or other appropriate healthcare provider. An NTP is not trained nor licensed to diagnose or treat pathological conditions, illnesses, injuries, or diseases or prescribe medications. If you, the client, suspect you may have an ailment or illness that requires medical attention, then you are encouraged to consult with a licensed physician without delay. Only a licensed physician can prescribe drugs. Any mention of drugs through the course of consultation is only for the purpose of providing a complete history of drugs that the client is taking and not to judge the appropriateness of the medication. Any change in prescription or dosage is a decision the client makes with his or her physician. If you are under the care of another healthcare provider or doctor, it is important that you contact your other healthcare providers and alert them to your use of nutritional supplements. Nutritional Therapy may be a beneficial adjunct to more traditional care, but 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 your NTP, John Bougearel, to such use, as well as to discuss any potential interactions between medications and nutritional products with your pharmacist or doctor.

My responsibilities:

Acceptance - Non-judgmental and respectful guidance toward identifying and meeting your health goals. I believe you are your own best resource and that only you know what works best for you. You have freedom of choice, I am here to support not direct.

Confidentiality - I follow strict HIPAA guidelines and will not share your information with anyone other than your personal physicians (if you sign the release for me to do so).

Dependability - I will always make meeting our appointment times a priority. If I need to cancel I will give you at least 24-hour notice unless it is an emergency. In those circumstances, I will notify you by phone call at the soonest possible time.

Transparency - I do not have any quick solutions. Change takes commitment, time and work. I do not claim to have any miracle answers, but I do believe that a supportive listener is invaluable to helping a person find their own motivation.

Your responsibilities:

Open minded Engagement: You will only get back what you are able to give in our sessions. If you are not on board with working toward your healthiest self your results will likely not be what you hoped for.

Honoring Your Body: I am here only to guide you, if something doesn't feel right to you, trust your instincts and don't do it. Listen to signs that you're overdoing it and rest. And let me know of any changes, positive or negative. Sometimes I have helpful and creative adjustments.

Do Your Homework: Making lifestyle change takes practice. This is an inside job. As we only meet periodically you will need to work toward your goals at home. Journaling your journey, your forward and backward progress is extremely helpful. Bring your journal to our meetings and take notes.

Communicate- Let me know what is working for you and what is not. Our successful partnership relies on open communication. You have the right to terminate our working relationship at any time if your expectations are not being met. In addition, I rely on you to report any symptoms or discomfort you have during or after our sessions.

Accountability- Consistency is important in building the trusting and mutually respectful working relationship necessary for positive results. Make it a priority to keep our appointments. If you must cancel I ask that you give me at least 24- hour notice with a phone call or email. Please be on time. If there are more than 2 late cancellations or no shows I will regretfully need to terminate services. If you have an emergency, please call me as soon as possible.

SIGNATURE (REQUIRED)

I hereby acknowledge that I have read and understand my responsibilities and release John Bougearel and Healing Holistics of any liability.

Name:

Date:

Signature:

Guardian Name and Signature for Client Under 18 Years of Age:

Name:

Date:

Signature:

Relationship to client: