



NUTRITIONAL THERAPY AFTERCARE AND CONSENT FORM

Nutritional Therapy Description

A Health Consultation includes an initial evaluation with our Functional Nutritional Therapy Practitioner (FNTP) who will use comprehensive Nutritional Assessment tools to analyze an individual's area of balance and imbalance relating to diet, digestion, blood sugar regulation, essential fatty acid balance, mineral balance, and hydration. Analyzing and addressing any imbalances in these foundations can have a positive effect on any health issues.

The nutritional assessment is designed to highlight imbalances in the areas of endocrine, immune, and cardiovascular health as well as detoxification pathways associated with liver and colon function. Our Nutritional Therapist works with you to create a unique nutritional plan that facilitates your journey to optimal health.

We always consider that each and every one of us is unique and bio-individual. Our Health Practitioner will use your body's communication alongside Functional Clinical Assessments to create health plans tailored just for you. Through the analysis of these foundations, we will use a nutrient-dense whole-food diet along with lifestyle changes and supplementation to reach optimal wellness.

A nutritional therapy consultation will include:

- Functional clinical assessment to identify imbalances throughout the body
- Initial (bio-individualized) food plan and supplement plan based on the initial findings

Nutritional therapy should never be used as a replacement for medical advice and our therapist will always refer any client with 'red flag' signs or symptoms to their medical professional. Our therapist is able to work alongside a medical professional and can communicate with other healthcare professionals involved in the client's care to explain any nutritional therapy program that has been provided.

Pre-Treatment Instructions

- You are the most knowledgeable person when it comes to your body and how it functions. The FNTP will listen to current symptoms to get a baseline understanding of your most pressing concerns, in addition to your story of how you got to where you are now (whether that be different diets, beliefs about nutritional needs, fears, emotional struggles, workouts, family history, etc.).
- The FNTP will send you comprehensive paperwork to fill out prior to your first meeting, highlight areas that stick out, and will address additional questions before getting started with recommendations and actionable takeaways.
- The FNTP will tailor their approach to address your unique health requirements and objectives, aiming to enhance your well-being.
- Your provider asks that you bring any medication or supplements you are currently taking. If applicable, you may bring any past blood test results or medical testing that you would like to be analyzed as a part of your consultation.

- Functional Nutritional Therapy Practitioners do not diagnose disease but work with you to address nutritional needs that could help your symptoms. FNTPs can therefore be part of your healthcare team.

What to Expect

- Applied kinesiology (muscle testing), palpating pressure points, analysis of existing blood work or medical results, and thorough review of clients' medical intake forms will be part of the assessment.
- The FNTP will identify potential nutrient deficiencies as well as food intolerances.
- The nutritional therapy treatment extends beyond healthy eating; it entails making dietary changes and potentially incorporating vitamin and mineral supplements;
- As we utilize functional nutritional therapy, what you eat is equally as important as how it makes you feel. Your therapy starts with:
 - The foods you are eating and how they affect your symptoms.
 - The foods you would like to eat but have given up because of your condition and whether they can be re-introduced.
 - Your nutrient intake, such as calcium, iron, vitamin B, and vitamin D.
 - Medications you are taking.
 - Whether you use herbal supplements.
 - Social factors, such as food preferences, whether you enjoy cooking for yourself, and religious factors impact your diet.
- With this information, we develop a specialized nutrition plan that considers your individual needs. This plan may include:
 - Nutritional therapy, strategically avoiding or incorporating certain foods to use therapeutically.
 - Supplements (vitamins and minerals).
 - Helpful information, such as how to read food labels.
 - Guidance and support to help you adopt new eating habits and patterning.
- An important part of functional nutrition therapy is follow-up care. You can expect to see our nutritionist every few months or more frequently if needed. During these visits, the therapist will evaluate your progress and adjust your plan in response to your changing needs.

Post-Treatment Instructions

Every person is an individual. It is not possible to determine how the body will react to supplements. It is sometimes necessary to make adjustments to a protocol until the body can begin to properly accept supplements geared to correct the imbalance. It is the Client's responsibility to:

- Follow the nutrition guidelines provided by your provider.
- Eat a properly prepared, nutrient-dense diet.
- Avoid harmful foods, substances, and behaviors.
- Appropriately exercise body and mind.
- Get plenty of sleep, rest, and relaxation.
- Stay in contact and update your provider on progress to determine the best plan going forward.

By supporting each of these foundations and adopting a more nutrient-dense diet, the body's chemistry can be brought back to balance, naturally setting the stage for optimal health.

Functional Nutritional Therapy Consent Form

I understand that an initial series of treatments is recommended and that these treatments may extend over a number of weeks or months. I understand that the benefits of intravenous nutrient therapy are much greater if I follow a healthy lifestyle (non-smoking, weight control, proper exercise, proper diet, and nutritional supplementation). I understand that, as with any other medical procedure, I may not receive any benefit because they do not occur predictably with every patient, and in a small percentage of patients, they may not occur at all. As with any treatment, complications can happen.

Possible complications associated with Functional Nutritional Therapy include:

Maldigestion:

Maldigestion is often also described by the general term "food intolerance". This is what happens when the body does not properly break down the food into its components, due to missing enzymes. As a result, the nutrients can be digested in an alternative way, e.g. by intestinal bacteria which may lead to different symptoms. Additionally, in the worst cases, only a few nutrients can be provided to the organism in adequate quantities (malabsorption) which might lead to deficiency symptoms occurring.

Allergic reactions:

There may be some allergic effect or intolerance to any of the foods or supplements that are unpredictable until they are consumed, if this is the case, the intake should be suspended until it is assessed in the monthly consultation. Contact your provider if you have immediate concerns.

Functional Medicine:

Functional medicine identifies genetics, environmental, and lifestyle factors that influence health and complex, chronic disease. We work with patients to identify and correct nutritional, biochemical, or physiological imbalances with the goal of restoring normal function to the human body. Care plans include lifestyle modifications and dietary changes and may include nutritional supplements.

Nutritional and Herbal Supplements:

According to the Federal Food, Drug, and Cosmetic Act, as amended, Section 201(g)(1), the term "drug" is defined as an "article intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease." Technically, vitamins, minerals, trace elements, amino acids, herbs, or homeopathic remedies are not classified as drugs. However, these substances can have significant effects on physiology and must be used rationally. In this office, we provide nutritional counseling and make individualized recommendations regarding the use of these substances in order to upgrade a patient's diet and supply nutrition to support the physiological and biomechanical processes of the human body. Although these products may also be suggested with a specific therapeutic purpose in mind, their use is chiefly designed to support given aspects of metabolic function. The use of nutritional supplements may be safely recommended for patients already using pharmaceutical medications (i.e. drugs), but some potentially harmful interactions may occur. For this reason, it is important to keep all of your healthcare providers fully informed about all medications, nutritional supplements, herbs, and hormones you may be taking.

Risks, Benefits, and Alternative Treatment Options:

A variety of treatment options are available for most medical conditions. Patients have the right to be fully informed of their options and should discuss the relative risks and benefits of each with their healthcare provider.

No Guarantees:

I understand that much of my healing success is dependent upon my commitment to following the treatment plans outlined for me by my provider. Even following the program designed specifically for me may not result in the desired outcome. I also understand that my condition may be lifelong and may require changes in eating habits and permanent changes in behavior to be treated successfully.

I acknowledge the following has been discussed with me:

- Nutritional advice will be tailored to support health conditions and/or health concerns identified and agreed between both parties.
- Nutritional therapists are not permitted to diagnose, or claim to treat, medical conditions.
- Nutritional advice is not a substitute for professional medical advice and/or treatment.
- I am responsible for contacting my provider about any health concerns.
- If I am receiving treatment from my doctor, or any other medical provider, I should tell him/her about any nutritional strategy provided by a nutritional therapist. This is necessary because of any possible reaction between medication and the nutritional program.
- It is important that you tell your nutritional therapist about any medical diagnosis, medication, herbal medicine, or food supplements you are taking as this may affect the nutritional program.
- If I am unclear about the agreed nutritional therapy program/food supplement doses/time period, I should contact my nutritional therapist promptly for clarification.

- I must contact my nutritional therapist should I wish to continue any specified supplement program for longer than the original agreed period, to avoid any potential adverse reactions.
- I understand that the advice is personal to me and may not be appropriate for others.
- Methods of nutrition evaluation or testing made available to me are not intended to diagnose disease. Rather, these assessment tests are intended as a guide to developing an appropriate health-supportive program for me, and to monitor my progress in achieving my goals. Medical records and personal information and history divulged in session to Honey Skincare Studio will be kept confidential unless I consent to sharing my medical information.
- I hereby release and discharge, indemnify, and hold harmless Honey Skincare Studio and their providers acting on their behalf, from all claims, demands, costs and expenses, and causes of action, either in law or equity arising out of or in any way connected to services I receive from Honey Skincare Studio. I have read this consent form and the terms contained herein carefully. I understand the terms of this form fully and voluntarily agree to be bound by them.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

ACKNOWLEDGEMENT

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM. I HAVE BEEN GIVEN THE OPPORTUNITY TO HAVE ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
