

Informed Consent and Disclaimer

The basic goal here is to uncover healing opportunities while encouraging you to become knowledgeable about and responsible for your own health, bringing it to a more personal optimal level. In order to reach this goal of [personal] optimum health, it requires a sincere commitment from you, along with possible lifestyle changes and a positive attitude.

If you suffer from a medical or pathological condition, you need to consult with an appropriate healthcare provider. This health assessment and challenge is not intended as a diagnosis, treatment, prescription or cure for any disease, mental or physical, and is not intended as a substitute for regular medical care.

Nutritional therapy may be a beneficial adjunct to more traditional care; it may also alter your need for medication, so it is important that you always keep your physician informed of changes in your nutritional program.

If you are using medications of any kind, please consult with your pharmacist regarding any potential interactions between medications and nutritional products. While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and diet, participating in this challenge does not promise or guarantee protection from future illness.

This challenge is intended to be provided for informational, educational, and self-empowerment purposes only.

This agreement is being signed voluntarily.

Date:

Name:

Address:

City, State, Zip:

Daytime phone:

Email:

Signature:

Thank you for your cooperation.

All information contained in this form will be kept strictly confidential.