



## Nutrition Policy

I hereby consent to and authorize clinician of the Lion's Den Fitness and Nutrition to provide professional healthcare services on my behalf and/or the behalf of me or my children. I further understand that the healing therapies I am endeavoring into are based upon holistic protocols, and may involve nutrient, supplement, and/or herbal recommendations. These protocols are intended to improve my energy, alleviate pain, and restore my body and spirit for long-term healing resolutions.

I recognize that sometimes a healing response may occur at the initiation of holistic protocols. A healing response tells me that the protocols being utilized have produced changes that my body is now integrating as my health improves toward our mutual goals.

As this is a voluntary endeavor, I have the right to discontinue treatments at my discretion and I will discontinue any treatments that I am uncertain of until such time as I can speak with your clinician and confirm the safety of continuation.

### **As a new Client, I agree to:**

1. Fully disclose all physical and/or psychological health conditions that may be necessary for my clinician to know in order to assure my safety, honor my emotional history, and allow my healing team to provide me with the best possible healing experience.
2. Inform my clinician immediately, via phone or email, of any physical or emotional discomfort or pain too intense to manage or that lasts for more than 2 days (48 hours) following a treatment.

I hereby authorize the clinicians and support staff to perform the following specific procedures as necessary to facilitate my assessment and design recommended treatments:

- Holistic use of nutrition: Therapeutic nutrition and nutritional supplementation.
- Botanical medicine: Botanical substances may be prescribed as teas, alcohol or glycerite based tinctures, capsules, tablets, creams, plasters, or suppositories.
- Lifestyle counseling and hygiene:
- Diet therapy, promotion of wellness including recommendations for exercise, sleep, stress reduction, and balancing of work and social activities.

I recognize the potential risks and benefits of these procedures as described below:

Potential risks: allergic reactions to prescribed herbs and supplements, side effects of natural medications, aggravation of pre-existing symptoms, discomfort, pain, infection, burns, nausea, light headedness, inconvenience of lifestyle changes. Please notify the clinician if you experience any symptoms which may be secondary to the above procedures or if ever in doubt.

Potential benefits: restoration of energy, health and the body's maximal functional capacity without the use of pharmaceuticals or surgery, relief of pain and symptoms of disease, assistance in injury and disease recovery, and prevention of disease or its progression.

**Notice to pregnant women:** All female clients must alert the clinician if they know or suspect that they are pregnant as some of the therapies used could present a risk to the pregnancy, and should talk with their MD before implementing any protocol recommendations.

With this knowledge, I voluntarily consent to the above procedures, realizing that no guarantees have been given to me by this office or my clinician, therapeutic staff, or representatives regarding cure or improvement of my condition. I understand that I am free to withdraw my consent and to discontinue participation in these voluntary procedures at any time. I am responsible for all actions I take, and do not hold Christina Valderas or Lion's Den Fitness and Nutrition responsible for my actions. I understand any choices I make should be discussed with my doctor first.