

# NATURAL HEALTH PRACTICES PROGRAM GUIDELINES

*Your signature next to each point indicates that you understand and agree to our program guidelines. Occasionally, we will reference back to these guidelines to ensure your maximum health improvement.*

1. If you can't make a scheduled appointment, we require that you **reschedule within 24 hours of the appointment to avoid a \$25 cancellation fee.**  \_\_\_\_\_
2. If you have not been seen for an appointment at our office for more than **3 months**, we will need to perform a re-examination to reinstate your status as a patient.  \_\_\_\_\_
3. **Follow-up chiropractic and nutrition visits are scheduled for 10 to 15 minutes and nutrition sessions are scheduled for 20 minutes.** To make the best use of time during your visits, please have all required assignments completed beforehand, write down any questions for your practitioner, and contact us via phone or text if you have any questions or concerns in between visits. If you foresee the need for a longer office visit with your practitioner, please schedule accordingly.  \_\_\_\_\_
4. If you are required to complete a food log as part of your program, please **fill out your log as you eat and bring it to each scheduled visit.** Don't wait until the end of the day or later to fill out your food log. This will ensure the most accurate information is written down. We understand that no one's diet will be 100% perfect at first, but we have two specific zero tolerance dietary rules: Only drink filtered water and never consume beverages or food containing artificial sweeteners.  \_\_\_\_\_
5. If you have been prescribed nutritional supplements as part of your program, **do not stop taking your supplements without discussing with your practitioner first.** Your practitioner will tell you when you should stop a supplement. If you miss a dose, make it up the next time you take your supplements. Missed doses will slow down your health improvement.  \_\_\_\_\_
6. **Our nutritional supplements do not cause "side effects" as they are not drugs. However, occasionally during your nutrition program you may feel a temporary worsening or even feel "sick."** If this occurs, do not cancel your appointment. Instead, immediately call the office. Sometimes a "flare-up" is actually a "healing crisis" which indicates your body is starting to heal by throwing off toxins that have been keeping you sick. By fine-tuning your program, we can help you get through these types of situations. The most important time to come in is when you are not doing well, so we can fine-tune your program and help you correct the underlying cause of the problem more rapidly.  \_\_\_\_\_
7. **It is required that you read all reference materials we provide you and that you attend as many of our free patient education workshops as possible.** This is for your own benefit. Patients who read the assigned educational materials and attend workshops have better and faster results and ultimately spend less money on their health improvement program!  \_\_\_\_\_
8. Please consider all the dynamics in your life that could interfere with your health improvement program. **Let us know if you need assistance** working out how to handle any obstacles in your quest for better health. We are now your personal healthcare team and we are here to serve you as you heal!  \_\_\_\_\_