



Eat Drink Live Well Clinic LLP

Eat Drink Live Well Clinic Consent and Waivers Agreement October 2019

Please check the below box to signify that you have read, acknowledge and agree to the terms and information below:

* I have read, understood and agree to abide by the Eat Drink Live Well Consents and Waivers here as well as the Eat Drink Live Well Clinic general Terms of Business (a full copy is available here). I agree that our professional relationship will be based on the content of these documents

* I declare that all the information I share during this professional relationship is confidential and to the best of my knowledge, true and correct.

* I have read and reviewed the Eat Drink Live Well Clinic Privacy Policy <http://www.eatdrinklivewell.com/privacy-policy-2>

* Nutritional Therapy (Functional Nutrition) is the application of nutrition science in the promotion of health, peak performance and individual care. Nutritional Therapy and Functional Nutrition practitioners use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. This approach allows them to work with individuals to address nutritional balance and help support the body towards maintaining health.

* Nutritional Therapy is recognised as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking for support to enhance their health and wellbeing.

* Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach.

* Practitioners never recommend Nutritional Therapy as a replacement for medical advice and always refer any client with 'red flag' signs or symptoms to their medical professional. They will also frequently work alongside a medical professional and will communicate with other healthcare professionals involved in the client's care to explain any Nutritional Therapy programme that has been provided.

* Eat Drink Live Well Clinic Nutritional Therapists are not doctors or dieticians and are not permitted to diagnose, or claim to treat, medical conditions. Nutritional advice is not a substitute for professional medical advice and/or treatment.

* The degree of benefit obtainable from Nutritional Therapy (Functional Nutrition) and Functional Medicine approaches may vary between clients with similar health problems and following a similar Nutritional Therapy (Functional Nutrition) programme.

* Nutritional advice will be tailored to support health conditions and/or health concerns identified and agreed between both parties.

* Eat Drink Live Well Clinic Nutritional Therapists are CNHC Registered. Standards of professional practice in Nutritional Therapy are governed by the CNHC (Complementary and Natural Healthcare Council) Code of Conduct. CNHC is the national voluntary register for healthcare practitioners in the UK. For more information please see <https://www.cnhcregister.org.uk>

* Eat Drink Live Well Clinic Nutritional Therapists are BANT Registered. The British Association for Nutrition and Lifestyle Medicine (BANT) is a professional body for Registered Nutrition Practitioners. BANT practitioners have met required standards of training, are fully insured and adhere to the CNHC Code of Conduct, Performance and Ethics and the BANT Professional Practice Handbook. For more information please see <http://bant.org.uk>

* Eat Drink Live Well Clinic Nutritional Therapists Caroline and Emma are Members of the Institute for Functional Medicine. Caroline is an Institute for Functional Medicine Certified Practitioner and Emma has completed the Institute for Functional Medicine AFMCP qualification. For more information on Functional

Medicine and Functional Nutrition please see <https://www.ifm.org>

* The Eat Drink Live Well Clinic uses a Functional Medicine approach to health with Nutritional Therapy (Functional Nutrition) as the cornerstone of each and every client programme.

*The concept of Functional Medicine shifts the traditional disease-centred focus to a more client-centred approach, addressing the whole person rather than an isolated set of symptoms. Functional Medicine practitioners spend a substantial amount of time with their clients, listening to their histories and looking at the interactions between genetic, environmental and lifestyle factors that can influence long-term health and complex, chronic disease. In this way, Functional Medicine supports the unique expression of health and vitality for each individual.

* Functional Medicine is an integrative approach to health. It creates a focus on prevention through nutrition, diet and exercise. We make use of the latest functional laboratory testing. We frequently work with and make referrals to the medical profession. We make, as appropriate, recommendations for botanical medicines, supplements, therapeutic diets, detoxification programmes, stress management techniques and other lifestyle modifications.

* Functional Nutrition emphasises the importance of high quality foods and phytonutrient diversity to address clinical imbalances and move individuals towards the highest expression of health. Advanced nutrition assessment and a thorough Functional Medicine based history and analysis leads to a personalised therapeutic intervention created to promote optimal health and prevent diet and lifestyle-related disease.

* Functional Nutrition is the core modality of Functional Medicine. A Functional Nutrition Analysis allows for nutrition-related findings and clinical patterns to emerge. From a medical history, laboratory and physical tests and a diet and lifestyle review, we are able to highlight individual insufficiencies/imbbalances in protein, fats, carbohydrates, minerals, vitamins and phytonutrients.

* As an Eat Drink Live Well Clinic client you are an active partner with us. We integrate Functional Nutrition Analysis at the molecular and cellular levels with emerging research in nutrition and nutritional genomics. This allows you to be in

charge of improving your own health and potentially changing the outcome of disease.

* During Eat Drink Live Well Clinic Consultations we undertake to counsel and educate you on appropriate, therapeutic lifestyle and dietary modifications which may include food plans, exercise, sleep and stress management recommendations.

* During Eat Drink Live Well Clinic Consultations we undertake to optionally recommend appropriate Functional Laboratory Testing and/or nutritional food supplement plans to you as part of your Eat Drink Live Well Clinic Programme.

* During Eat Drink Live Well Clinic Consultations we undertake to support and monitor your progress over a pre-agreed defined time period.

* During Eat Drink Live Well Clinic Consultations we undertake to keep detailed consultation notes in accordance with the Eat Drink Live Well Privacy Policy and Data Protection regulations.

* You are responsible for contacting your GP about any health concerns. Nutritional Therapy (Functional Nutrition) is not a substitute for professional medical advice and/or treatment.

* We may ask that you seek medical advice prior to starting work with the Eat Drink Live Well Clinic or at any point during work with the Eat Drink Live Well Clinic. It is important, and it is your responsibility that you do this once we have made this recommendation.

* If you are receiving treatment from your GP, or any other medical provider, it is your responsibility to tell him/her about your Eat Drink Live Well Clinic programme. This is necessary because of possible reactions between medications and your programme.

* Prior to your Initial Consultation with your Eat Drink Live Well Clinic Nutritional Therapist you are required to fully complete online Functional Medicine Analysis Intake forms via our Living Matrix or Practice Better portal, comprising medical history, current health symptoms, medication and supplement details and dietary and lifestyle information including a Food Journal. These forms are entirely

confidential. It is important that all of the information provided on your Eat Drink Live Well Clinic Intake Forms and during Consultations is accurate with no omissions. Existing diagnosed medical conditions and medications must be fully disclosed within your forms.

* Your Functional Medicine Analysis Intake Forms must be submitted via your Living Matrix or Practice Better Portal at least three working days prior to your appointment. If they are not submitted by this time your appointment may be rescheduled.

* Payment details are required at the time of your appointment booking; payment will be taken at your appointment time (with the exception of pre-paid packages).

* Please be courteous and provide 24 hours notice for cancellation of appointments. This helps to ensure that we can meet the needs of our clients who may be waiting for an appointment. Cancellations made within 24 hours of your appointment time will be charged at the full consultation rate.

* Refunds are entirely at the discretion of the Eat Drink Live Well Clinic. Refunds may be granted on purchased packages with 14 days of payment less the full cost of any consultations already taken. For Platinum Packages, which include functional laboratory tests that the Eat Drink Live Well Clinic have already paid for, the refund will additionally be less the cost of these tests.

* It is important that you continue to update your Eat Drink Live Well Clinic Nutritional Therapist with any new medical diagnosis (including pregnancy), medications, herbal medicines, or food supplements you are taking as this may affect your Eat Drink Live Well Clinic programme recommendations. Please notify us in advance of taking any medications, herbal medicines or other food supplements so that we may adjust your programme accordingly.

* We may request that you resubmit and review some of your Functional Medicine Analysis Intake Forms at specific points during your programme, usually before a Review Consultation or if your circumstances have changed or if we have not seen you recently in our Clinic. This is so that we are able to monitor your progress objectively and also so that your information remains current and accurate.

* If you are unclear about any aspect of your agreed Eat Drink Live Well Clinic Programme (including dietary recommendations, food supplement doses and timing) you should contact your Eat Drink Live Well Clinic Nutritional Therapist promptly via email or your Practice Better portal for clarification.

* You understand that your programme and advice given is personal to you only and may not be appropriate for others.

* You understand that success of your Eat Drink Live Well Clinic programme is not guaranteed. Movement towards, and achievement of your health goals is dependent on many factors, including the amount of effort you put into your programme as well as compliance with the recommendations given.

* Your Eat Drink Live Well Clinic Programme is recommended for a defined time period only. It is your responsibility to contact your Eat Drink Live Well Clinic Nutritional Therapist should you wish to continue any specified supplement programme and/or dietary modifications for longer than the original agreed period, to avoid any potential adverse reactions.

* Recording consultations using any form of electronic media is not allowed without the knowledge, prior agreement and express written permission of your Eat Drink Live Well Clinic Nutritional Therapist.

* Children are taken on as clients on a case-by-case basis. Before booking, please contact us at support@eatdrinklivewell.com to see if your child can be accepted into the Eat Drink Live Well Clinic.

* If an appointment is booked for a child under the age of 16 you must be the parent/legal guardian and give consent for your child to attend the consultation with your Eat Drink Live Well Clinic Nutritional Therapist. You must take full responsibility for acting on the advice received on behalf of any of the child's other parent/ legal guardians. You also agree that you have sought appropriate medical help from your GP or a specialist medical practitioner prior to attending the Eat Drink Live Well Clinic, and understand that the advice given today in no way takes the place of advice that can be given by qualified medical practitioners.

* You accept that the ultimate responsibility for your health care is your own.

I have read, I acknowledge and I agree to the terms and information provided above	Yes	No
I consent to my sensitive information being shared with healthcare providers including my gp, whose details I have or will provide, in order to support my on-going healthcare. Consent can be withdrawn at any time by emailing support@eatdrinklivewell.com	Yes	No
I consent to my contact information being shared with biochemical testing companies, some of which may be outside of the European Union, if I proceed with functional testing. Consent can be withdrawn at any time by emailing support@eatdrinklivewell.com	Yes	No
I consent to be contacted by Eat Drink Live Well via email, including newsletters, information on upcoming events and relevant promotional offers. Consent can be withdrawn at any time by clicking on the unsubscribe link at the bottom of the email	Yes	No

Client	
X	
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Print Name:	Date: