



## Initial Consultation—What You Should Expect

### **Prior to our visit-**

You will be asked to fill out a health profile. Please return the health profile (via email or postal service) 3-5 business days prior to our appointment. Upon receipt, we will review and evaluate the materials you provided in preparation for our first consultation.

### **Your protocol plan-**

During our consultation, we will discuss your health profile as well as any other concerns or questions you may have. Then, a wellness protocol will be discussed. The best results are usually found in a combination of herbal supplements, specialized nutrition, and possibly dietary or lifestyle changes. The protocol and methods of application are based on individual need.

### **Recommended products or supplements-**

If supplementation or herbal intervention is indicated, a list of suggested supplements or herbs will be provided, along with instructions on how to prepare or use the product. This will also include the frequency and duration of use.

### **Implementation of the protocol-**

If the client chooses, the client will use the product(s) or implement lifestyle/dietary changes as suggested in the protocol. Please keep a record of how your protocol is going. Allow for the discussed appropriate amount of time to pass to assess how it is working for you. Sometimes you will notice a significant improvement quickly, but not always. It is not unusual for changes to take time, especially if you are supporting a chronic condition. If after the suggested time frame the protocol is not deemed effective, a second appointment should take place. Additionally, please keep in mind that everyone is different. What works for one person may, or may not, work for you.

**\*\*Discontinue the use of any product or protocol if there are any adverse reactions, and notify the proper healthcare providers immediately.**