

# Your Safety & Privacy: Our Professional Commitment

## What is Professional Compliance?

Professional compliance is the "behind-the-scenes" work I do to keep your health journey safe, private, and professional. It means I follow strict national rules regarding how your data is stored, how I give advice across state lines, and how I choose the best supplements for your unique needs.

## Why This Matters For You

- **Your Privacy is Locked Down:** We use high-level, "clinical-grade" security for your lab results and health history. This is much safer than standard email or text, ensuring your private information stays private.
- **Safety-First Recommendations:** Every supplement or lifestyle change I suggest is backed by scientific research. We don't just "try things"; we use a clear plan to monitor your progress and keep you safe.
- **Clear Expectations:** Through our "Informed Consent" process, you will always know exactly what we are doing, why we are doing it, and what my role is in your health team. This eliminates confusion and builds a foundation of trust.

## What You Can Do Today

1. **Use the Secure Portal:** To keep your health data safe, please send all lab results and sensitive questions through our secure client portal rather than standard email.
2. **Review Your Consent Forms:** Take a moment to read the "Scope of Service" section in your intake paperwork. It explains how we work together and reminds you to keep your regular primary care doctor for emergencies.
3. **Keep an Open Dialogue:** If you ever have a question about why a specific supplement was recommended or how a lab test works, please ask! Your understanding is a vital part of the healing process.

## Questions to Discuss with Your Practitioner

- How does our secure portal protect my lab results and genetic information?

- If I have questions about a supplement recommendation, where can I find the research we talked about?
  - How do we coordinate with my regular doctor to make sure everyone is on the same page?
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