

Our Partnership: Understanding Your Care Journey

What is Informed Consent?

Informed consent is a fancy way of saying "no surprises." It is a shared conversation between us to make sure you have all the facts before we start a new health plan. It means you understand exactly what we are doing, why we are doing it, and what you can expect along the way.

Why This Matters For You

- **You Are the Boss:** This process makes you a partner in your health journey. You aren't just following orders; you are making choices that feel right for your body and your life.
- **Safety First:** We will talk openly about everything—including how certain supplements might interact with your current medications or how your body might react as it begins to heal.
- **Total Clarity:** You will always know the "why" behind a recommendation. Whether it's a specific lab test or a change in your diet, you'll understand the goals and any potential costs upfront.
- **Realistic Expectations:** Root-cause healing takes time. We use this process to set honest timelines so you feel encouraged rather than frustrated.

What You Can Do Today

1. **Be an Open Book:** Tell me about every vitamin, tea, or medication you are taking. This helps me keep your plan safe and effective.
2. **Speak Your Truth:** If a lifestyle change (like changing your sleep habits or diet) feels impossible right now, tell me! We can adjust the plan to fit your real life.
3. **Listen to Your Body:** If you start a new protocol and feel a "healing crisis" (like a temporary headache or tiredness), let me know. We want to track how you feel every step of the way.

Questions to Discuss with Your Practitioner

- "What are the common side effects of this supplement, and what should I do if I notice them?"
- "If I'm not ready to make this specific lifestyle change yet, what is our 'Plan B'?"

- "How does this functional approach work alongside the care I get from my primary doctor?"
 - "What does 'off-label' mean for the nutrients you are recommending for me?"
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