

# Understanding Your Care: Safety, Ethics, and Standards

## What is Professional Integrity?

Professional integrity is the set of "safety guardrails" I follow to ensure you receive the highest quality of care. It means I operate within my specific training, stay honest about what supplements can and cannot do, and always put your health and financial well-being first.

## Why This Matters For You

- **Your Safety Comes First:** By staying within my "Scope of Practice," I ensure that the advice I give you is safe, proven, and fits perfectly alongside the care you receive from your primary doctor.
- **Clear Communication:** You will always know the "why" behind every suggestion. We use "Informed Consent," which is a simple way of making sure you understand the benefits and any risks of a new habit or supplement before you start.
- **Financial Honesty:** Functional medicine often involves specialized testing. My ethical commitment to you is to only recommend tests that will truly change your plan for the better, helping you spend your wellness budget wisely.

## What You Can Do Today

1. **Read Your Forms:** Take a moment to look over the "Informed Consent" papers. Think of these not as "legal fine print," but as our shared agreement on how we will work together to reach your goals.
2. **Share Your Full List:** Make sure I have a complete list of any medications or supplements you are currently taking. This helps me ensure that our plan is safe and won't cause any unwanted reactions.
3. **Keep Your Doctor Informed:** While we work on your lifestyle and nutrition, it is always a great idea to let your primary doctor know about the positive changes you are making. We work best as a team!

## Questions to Discuss with Your Practitioner

- "How will this specific lab test help us make a better decision for my daily routine?"

- "Are there any 'red flags' or symptoms I should watch for when starting this new supplement protocol?"
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