

Back In Action Chiropractic

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Nutritional Program Guidelines

Please place this in an obvious location as a pleasant reminder.

1. You are expected to keep all appointments as scheduled in order to ensure maximum progress in your case. Please call us 24 hours in advance. We do have a 24-hour cancellation policy; if you do not cancel within 24 hours of your appointment, we do charge for a missed appointment. Please understand that we have this policy in place to be respectful of both the physician's and other patients' time. You will need to reschedule a missed appointment for the SAME week and not fall into the following week.
2. Visits take approximately 10 minutes or less. Extended visits, though rarely needed, are charged proportionally. To save time on your visits, write down your questions and let the doctor know about these at the beginning of the visits. In between visits, it is highly recommended that you take up any questions with the receptionist, either by phone or in person during office hours. We will respond to you in a timely manner if we do not have the answer immediately available.
3. Nutrition patients:
 1. Fill out your Daily Record of Food Intake form as you eat each meal, snack, etc. between visits. Make it a habit to do it this way and not wait until the end of the day or later. This will ensure accurate information for the doctor.
 2. TRY NOT to miss any doses of supplements. Missed doses will slow down improvement and extend the time it takes to complete your program. If you miss a dose, you can make it up at the next dose. If this happens repeatedly, let the doctor know so your supplement schedule can be modified.
 3. Please keep in mind that our nutritional products DO NOT cause "side effects" as they are not drugs. Occasionally after starting a nutritional program, you may feel temporary worsening or even feel "sick." If this occurs, do NOT cancel your appointment. Immediately call the office. Sometimes these "flare ups" are actually a "healing crisis" which indicates that your body is starting to heal by throwing off toxins that have been keeping you sick. By fine-tuning your program, we can help you get through these types of situations much more smoothly, if they even occur. When you are not doing well is when it is often most important to come in so we can fine-tune your program and help you correct the underlying cause of the problem more rapidly.
4. Please do consider all of the dynamics in your life that could interfere with or prevent you from doing or completing your health improvement program. If you need assistance in working out how to handle any obstacles in your quest for better health, please stay in communication with our office.

I have read and understand the foregoing.

Date: _____

Print Name: _____

Signature: _____

If a minor, a signature of parent or guardian is required.

Witness: _____