

Nutritional Program Guidelines

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

1. All nutritional visits are phone consults with the ability to Skype should this be requested by the patient. You are expected to keep all appointments as scheduled in order to ensure maximum progress in your case. Please send us a text at 703-673-6333 or email the office at contact@back-n-action.com should you need to reschedule. We do have a 12-hour cancellation policy; if there was no cancellation notice within 12 hours from your appointment date, there will be a 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 at our next available nutrition appointment within a week.
2. Consults are in 15 minute intervals. To save time on your consults, write down your questions and let the doctor know about these prior to the consult. Should you email these before the appointment please text us at 703-673-6333 stating "Questions for consult have been sent to your office email." All emails should be sent to contact@back-n-action.com. In between visits, it is highly recommended you send any immediate questions to contact@back-n-action.com and title the subject line of the email with "NUTRITION"
1. We need a 5-day dietary intake log for each meal, snack, etc., as well as water intake. 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. Also include the foods you eat a lot of on a routine, daily basis.
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 that 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 consult. Immediately call the office. Sometimes

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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.

Print Name:

Signature:

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

Witness:

BIA
Dr. Back In Action
Chiropractic