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## **Nutritional Therapy Informed Consent and Disclaimer**

Before you choose to use the services of a Nutritional Therapist, please read the following information VERY CAREFULLY.

**GOALS:** Our basic goals are to encourage people to become knowledgeable about and responsible for their own health, and to bring their health to a personal optimum level. Nutritional therapy is designed to improve your health, but it is not designed to treat any specific disease or medical condition. Reaching the goal of optimum health (absent any non-nutritional complicating factors) requires a commitment from you, possible lifestyle changes, and a positive mental attitude. A Nutritional Therapist is trained by the Nutritional Therapy Association to evaluate your nutritional needs and to make recommendations of dietary changes and nutritional supplements. A Nutritional Therapist is not trained to provide medical diagnoses. NO comment that the Nutritional Therapist makes should be interpreted as being a medical diagnosis or prescription. Because every human being is unique, we cannot guarantee any specific result from our programs.

**YOUR HEALTH CONCERNS:** If you have a medical condition, please consult an appropriate healthcare provider. A Nutritional Therapist is not a substitute for your family physician or other appropriate healthcare provider. A Nutritional Therapist is not trained or licensed by the government to diagnose or treat medical conditions, illnesses, injuries, or diseases. If you are under the care of another healthcare provider, it is important that you contact your other healthcare providers and alert them to dietary changes and your use of nutritional supplements. Nutritional therapy may be a beneficial adjunct to other appropriate care. Nutritional therapy may also alter your need for medications, so it is important that you always keep your physician informed of changes in your diet or nutritional program.

If you are using medications of any kind, you must alert the Nutritional Therapist of such use. You must also discuss any potential interactions between medications and nutritional products with your pharmacist.

If you experience any adverse physical or emotional reaction to nutritional supplements or dietary changes, discontinue any new supplements or foods immediately and contact the Nutritional Therapist to decide whether the reaction is a sign of sensitivity to the

supplement or food, or an indication of the natural course of the body's adjustment to the supplement.

**COMMUNICATION:** Every client is an individual, and it is not possible to determine in advance how your system will react to the supplements that you need. It is sometimes necessary to adjust your program as we proceed, until your body can begin to accept properly products that are geared to correct the imbalance. It is your responsibility to do your part by staying in contact with the Nutritional Therapist so that you can determine the best course of action. Request your other healthcare providers, if any, to feel free to contact the Nutritional Therapist for answers to any questions that they may have regarding your nutritional therapy.

**LICENSURE:** A Nutritional Therapist is not licensed or certified by any state. A Nutritional Therapy Practitioner™ is trained by the Nutritional Therapy Association, Inc, which provides a certificate of completion to students who have successfully met all course requirements, including a written and a practical examination. Under Virginia state law, a nutritional therapist is not technically a "dietician" or a "nutritionist," and it is a misdemeanor to hold oneself out as a "nutritionist" or "dietician" without having the specific training enumerated by state law. (Code of Virginia Chapter 27.1 of Title 54.1: section 54.1-2731). Beverly Seng does not have this enumerated training. However, not having the enumerated training does not preclude her giving nutritional advice. The **Code of Virginia** provides as follows:

**Chapter 27.1 of Title 54.1 –Dieticians and Nutritionists.**

**Section 54.1-2730 Scope of chapter.**

Nothing in this chapter shall preclude or affect in any fashion the ability of any person to provide any assessment, evaluation, advice, counseling, information or services of any nature that are otherwise allowed by law, whether or not such services are provided in connection with the marketing and sale of products.

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**By my signature, I confirm that I have read the above disclaimer and do freely consent to the terms contained herein.**

Name (please print)\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_

Signature for the client\_\_\_\_\_

Relationship to client\_\_\_\_\_ Date\_\_\_\_\_