

# Healthy Solutions

## Statement of Intent

I, Rhonda McKinney, CN am a Certified Nutritional Consultant and Educator, not a physician. I do not diagnose or treat a disease. I assist my clients in their desire to support the innate healing response of their body by suggesting an individual selection of food, herbs, nutrition supplements, relaxation, visualization and exercise programs. A Nutritional Assessment and Evaluation consists of health history, dietary intake, metabolic assessments and nutritional testing.

## Client Informed Consent

I, \_\_\_\_\_, understand that the information provided on the relationship between nutrition and health is NOT meant to replace medical care or treatment for any health problem or condition. I understand that a Nutritional Assessment and Evaluation is not done to define health as it relates to disease, but as it relates to wellness.

I choose to improve my health assuming greater self-responsibility to reduce or eliminate unhealthy behaviors that are contrary to my well-being. The Surgeon General (1990) estimated that 7 out of the 10 leading causes of death in America are related to lifestyle habits such as smoking, lack of exercise, unhealthy eating and substance abuse. They are the focal points of our work together. I am here today and any subsequent visit, solely on my own behalf.

I am \_\_\_ am not \_\_\_ under the care of a physician for a health problem or medical condition. If so, for what problem(s) or condition(s)? \_\_\_\_\_

Rhonda McKinney, CN, has my permission to contact my physician about the work we are doing and to obtain client/patient records as appropriate.

My physician's name and telephone number are: \_\_\_\_\_

I agree if it becomes necessary to reschedule my appointment, I will notify Healthy Solutions at least 48 hours prior to my appointment. A returned check fee of \$25 will be charged with any outstanding balance.

Counseling Session Fees for Rhonda McKinney, CN are \$125 for the first session, or a joint session with Rhonda and Chef Deb for \$170. Follow up sessions are \$95 for a 1 hour or \$50 for 30 minutes.

**Important:** On your first visit, please bring all supplements and prescription medications that you are currently taking. Also, bring a copy of blood work done within the last 12 months. Please keep a 3-day food diary of everything that you eat and drink.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian signature if under 18 years of age

\_\_\_\_\_  
Date