



ingredients to live

Consent • Disclosure • Disclaimer

Consent

I request that Lauren Simms, Master Nutritional Therapist, complete a nutritional evaluation for me as well as create a balanced meal plan to support my health. Moreover, I request that she suggest any necessary nutritional supplements or recommend lifestyle changes for the purpose of enhancing my health or supporting any illnesses I may be experiencing.

Client's Initials _____ Date _____

Disclosure

I understand that Lauren Simms is a Master Nutrition Therapist, and owner of Fuel For Life, LLC. I recognize that she has already obtained her Bachelors Degree from Colorado State University; her Masters Degree from Arizona State University; and her certification from the Nutrition Therapy Institute.

I am aware that Lauren Simms has additional health training in the fitness industry. Specifically she is a nationally certified group exercise instructor and personal trainer.

Client's Initials _____ Date _____

Disclaimer

I understand that holistic health care is not intended to diagnose, treat, or prescribe a cure for any illness or disease and is not intended to substitute regular medical care. I recognize that Lauren Simms will only assess my current health and advise me of possible changes.

Client's Initials _____ Date _____

Fuel For Life, LLC
Lauren Simms, M.A. MNT
6500 S. Quebec St. Suite 300
Englewood, CO 80111
www.fuelforlifellc.com
303-999-1063



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Client Agreement and Release

I, _____, agree to accept and pay for the nutritional consultation services offered to me and provided to me by Lauren Simms.

I understand that these nutritional services may include, but will not necessarily be limited to instruction in the development of healthy eating habits; menu planning; physical exercise; sleep patterns; healthy home and workplace environments; and attitudinal or behavioral changes. The counseling offered under this agreement is acknowledged and understood to be a strictly non-medical and non-psychological nature and is accepted solely and exclusively for educational purposes only.

The services provided by Lauren Simms are at all times restricted to consultation on the subject of lifestyle and nutritional matters, intended for augmenting general health and do not involve diagnosing, prognosticating, treatment or prescribing remedies for treatment of disease.

This agreement is being signed voluntarily and not under duress of any kind:

Client Name: _____

Street Address: _____

City, State, Zip: _____

Phone: _____

Signature: _____ Date: _____

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