



THE HEALTHY ALTERNATIVE

SHEILA VANHEMERT, CN, CAS, MH
HOLISTIC HEALTH PRACTITIONER

Holistic Health Disclaimer & Client Agreement

I acknowledge and understand that *Sheila VanHemert*, founder and owner of *The Healthy Alternative*, is not a licensed medical doctor, physician, or other medical professional. As a holistic health practitioner, Sheila does not diagnose, treat, or cure medical conditions, nor does she prescribe, adjust, or discontinue medications.

The services provided by *The Healthy Alternative* are intended to nutritionally support the human body through education and guidance in the areas of:

- Whole Food Nutrition
- Healthy Lifestyle Habits
- Exercise and Movement
- Proper Hydration
- Supplementation with Herbs and Natural Products
- Complementary Therapy Recommendations

Sheila's services are not a substitute for medical treatment or advice. I acknowledge that I have been encouraged to consult with my licensed healthcare provider regarding any medical concerns I may have before making changes to my healthcare routine.

By signing this agreement, I voluntarily choose to receive wellness education and support from *The Healthy Alternative*. I fully understand the nature of the services provided and agree to assume all responsibility for decisions I make regarding my health and wellness.

Release of Liability

I hereby release *Sheila VanHemert* and *The Healthy Alternative* from any and all liability for outcomes resulting from the application of information or recommendations received. I understand and agree that I am solely responsible for my own health decisions and actions.

CLIENT NAME (Print): _____

CLIENT SIGNATURE: _____

DATE: _____