



CONSENT FOR NUTRITION THERAPY SERVICES

SCOPE OF NUTRITION THERAPY PRACTICE

I understand that Catherine Layden is a Master Nutrition Therapist (MNT) and graduate of the Nutrition Therapy Institute in Denver, CO and Georgetown University in Washington, DC. Ms. Layden is Board Certified in Holistic Nutrition® (BCHN) by the National Association of Nutrition Professionals (NANP), a Certified Gluten Practitioner (CGP), trained in nutritional interventions for celiac disease and non-celiac gluten sensitivity, and a LEAP (Lifestyle Eating and Performance) therapist.

As an MNT, Ms. Layden can perform detailed nutritional analysis and make recommendations for clients including therapeutic foods, recipes, nutritional supplements, functional health testing, physical exercises, and lifestyle changes to enhance health. She can explain how nutritional and lifestyle choices can minimize risk of preventable and degenerative diseases. She can assess nutritional status and body system balance by using functional blood chemistry analysis and laboratory tests to assess nutrient levels, food allergies and sensitivities, hormone levels and various markers for health conditions or disease risks. Such tests are non-diagnostic in nature and are adjunct to understanding nutritional and functional health status.

DISCLAIMER

I understand that Nutrition Therapy is not intended as a treatment, diagnosis, prescription or cure for any disease, mental or physical, or as a substitute for regular medical care. A Master Nutrition Therapist does not prescribe any medications or perform medical procedures. Any information provided is intended to help guide informed decisions about personal health. As an MNT, Catherine Layden will assess my health and recommended natural foods and nutritional protocols to help normalize my condition. Delicious Nutritious, LLC, and/or Catherine Layden are not liable or responsible for any harm, damage or illness arising from the use of information provided.

CLIENT CONFIDENTIALITY

I understand that my personal information and case history will be kept confidential. No information will be released to any other party without my authorization unless it is required by law.

CONSENT FOR SERVICES

I request that Catherine Layden at Delicious Nutritious, LLC, complete a nutritional assessment for me, and may recommend a comprehensive program including therapeutic foods, recipes, nutritional supplements, functional health testing, physical exercises, and lifestyle changes to enhance my health. I have read and agree to the policies explained on the second and third pages of this document.

Name _____

Signature _____ Date _____

Signature of Responsible Party (if applicable) _____



POLICIES OF DELICIOUS NUTRITIOUS, LLC

MEETINGS

- When a New Client Intake meeting is scheduled, an email confirmation is sent with a thorough explanation of what paperwork is needed. The email contains a link to an online questionnaire that is due three business days (Monday-Friday) prior to the meeting. If it is not received in time for adequate preparation, the meeting will be rescheduled.
- Reminder emails for Intake meetings are sent 96 hours (four days ahead) and 24 hours prior to the meeting.
- Reminder emails for Update meetings are sent 48 hours (two days ahead) and 24 hours prior to the meeting.
- If you must cancel or change your meeting time, please provide at least 24 hours advance notice.
- No-shows are charged at the full rate. Same-day cancellations are charged at 50% of the meeting rate.
- Late-start meetings are charged from the scheduled start time and will not be extended.
- If you are sick, please rest and get well. We can reschedule.
- During our meeting, please be in a quiet place where you can focus and take notes. Ideally, be seated at a desk with a computer where you can receive email, since I may send you a document or weblink to discuss. It is helpful if you have your Food Journal any health records that you've shared with me handy, so we can talk about them together.
- Action plans following meetings may be sent within several days or up to a week after a meeting, depending on the nature and complexity of follow up that is indicated.

PAYMENT OPTIONS

- My work for your upcoming meeting begins upon scheduling; I review your case history to prepare for our discussion. A valid credit card number is required to hold a meeting time, and will be kept within my secure scheduling and payment system.
- Payment is due at the completion of a meeting. If a meeting was extended beyond the originally scheduled time frame, the additional time is prorated at the hourly meeting rate.
- Payment for any additional services, tests or supplements are due at the time of service or ordering.
- Packages and programs are pre-paid, reflect savings from individual meeting rates, and are non-refundable.
- Any invoices sent by email are due upon receipt.
- Any invoice that is outstanding by more than 30 days will incur interest.
- Credit, debit and HSA/FSA cards, checks and Venmo payments are welcome. There is \$20 charge for returned checks.
- Delicious Nutritious, LLC, does not accept or bill insurance, but will, upon request, provide a receipt statement for nutrition consulting services.



POLICIES OF DELICIOUS NUTRITIOUS, LLC - CONTINUED

COMMUNICATIONS

- Standard business hours for communications (meetings and email) are Monday-Thursday 10am-6pm and Friday 10am-3pm Mountain Time, closed on weekends and holidays.
- My schedule fills up in advance and I encourage clients to schedule Update meetings ahead of time.
- For short, timely, or urgent questions, please call (303) 722-7698 or leave a message. This is an office phone and does not receive text messages. In case of an emergency, please seek medical care or call 911.
- I avoid email after hours and on weekends but I will check my office phone for urgent concerns. Emails are usually replied to within 2 business days, Monday-Friday. Most emails will require that we set up a meeting to discuss whatever you have asked about in your email.
- There is no charge for occasional, short, spontaneous calls under 10 minutes or occasional, short emails that can be answered in a 2-3 sentences.

PROFESSIONAL GRADE SUPPLEMENTS

- Delicious Nutritious, LLC may provide recommend nutritional supplements or medical foods formulated for clients or patients of healthcare professionals, along with personalized plans or safe and effective use. These products are distributed through reliable sources that store and ship products according to manufacturer's specifications.
- Should clients opt to purchase supplements through alternative sources, Delicious Nutritious, LLC cannot guarantee supplement content, purity, freshness, efficacy or safety.
- Supplements are paid for at the time of purchase or ordering.
- Unopened supplements may be returned for a full refund within 30 days of purchase.

FUNCTIONAL HEALTH LAB TESTING

- Delicious Nutritious, LLC may order lab tests to support functional nutrition goals. Such tests are not intended to diagnose disease or illness; they are adjunct to understanding nutritional and functional health status.
- Tests are paid for at the time of ordering. Functional tests need to be ordered by me as your practitioner and the labs charge me upfront for kits, shipping and testing.
- Test results are delivered and interpreted during an Update meeting.

TERMINATION OF SERVICES

- Finding a good fit between practitioner and client is important. If it is determined that we are no longer making reasonable progress or working together in a healthy way, I will work to refer you to another practitioner who can meet your needs. This is intended to be in the best interest of both parties. Note that packages are non-refundable.