

## CLIENT FAQ'S AND POLICIES

Having a balanced grain-free Paleo Diet is the first step in managing your chemistry. You'll have lots of other Homework as well. Ready to work? Hourly fees \$150/hr. are much less than my peers. Lab work is at my cost.

*A. Please clarify for yourself and Beverly your expectations of working together:*

- 1). Considering a one-time 90 minute session for quick ideas on diet and health? Y N
- 2). Interested in a little deeper but still short-term work, 2 to 3 appointments with labs, some supplement suggestions, diet revamp and other Homework? Y N
- 3). Deeper long-term work with in-house Nutrient Testing to create custom supplement programs (after you upgrade diet and lifestyle). I use mailed QTIP samples to test you. Retesting quarterly. A financial investment of several hundred dollars in supplements monthly. Plus Testing and Consult fees quarterly. Limited openings for committed clients. Y N

*B. Ongoing email support is not included with Consults. Request a 15 – 30 minute paid Consult for questions.*

*C. Supplements come from both the Online Store and the Clinic. Call in reorders with brand and product names (210) 826-0034. We are open Tuesdays and Fridays and will call for your card. \$8 postage fee on all phone orders. We cannot combine Phone and Online orders.*

*D. YOU are responsible for your health. Stay current on supplement refills. Call or email regularly for appointments. We do not follow up to remind you! Supplement programs should update every 2 to 3 months. Initial suggestions are not conclusive and final.*

*E. No refunds.*

*F. Find supplement Sales and health articles weekly in my newsletter.*

*G. Avoid buying on Amazon. It's easy to counterfeit labels and pills. Scalpers often mark up 30%.*

*H. Study my articles and Podcasts for more ways to take charge of your health. Use the blue Search Box and key words such as fatigue, sleep, thyroid, weight, menopause, candida, etc.*

*I. Appointments are in San Antonio or by phone – no video. You'll receive a PayPal invoice after your session. Pay with a card or PayPal funds.*

**I have read this information, understand it and chose 1 or more options in Part A. (Please sign and date below).**