



The Natural Health Clinic
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New Client Information Form

Please read this form first as it will clearly lay out what you can expect as a new client and the steps you will need to take to gain maximum benefit from your treatment.

Health has a lot to do with personal responsibility. My clinic can certainly offer you deep and powerful support in overcoming chronic health conditions or pain, but it will ultimately be up to you to be accountable for your own health by being compliant with the lifestyle recommendations I offer, whether they be dietary, nutritional supplements, or other lifestyle changes and techniques.

A lot of people assume that Natural Health Programs work like magic and all they must do is show up for their appointments and their health problems will disappear. This is not the way that I work at The Natural Health Clinic. We need to work together as a team and implement a variety of lifestyle strategies for your program to give you the best outcome possible.

Many times, the effects of your specifically designed nutritional program will be evident after an initial series of visits depending on your situation. Sure, there are times where you'll feel improvement within the first few visits, but for chronic health issues you can expect it to take some time.

Once you start on your initial nutritional supplement program, it generally takes several clinic visits to have it COMPLETELY fine-tuned. These visits are normally completed every 2 weeks initially to ensure proper monitoring. During this time, I will also be reviewing your diet and offering you guidance regarding any essential improvements necessary to maximize your gains.

Here are some steps I recommend to gain maximum benefit from your health restoration program:

#1 Consistency in Treatment--On your first visit, we will discuss frequency and number of treatments to reach maximum progress. I ask that you make a commitment to the treatment plan by making your visits a top priority and taking your nutritional supplements as recommended. Your program works best with consistent and cumulative care.

#2 Eat a healthy whole foods diet--this is one of the most important steps you can take to heal all kinds of chronic issues. Many of my patients are guided to eliminate certain 'toxic' foods as indicated by the testing procedures and increase other healthy alternatives to achieve optimal benefit. Avoiding those foods that are found to be aggravating your condition is crucial to achieving success. I realise it can be difficult to change a lifetime of dietary habits which is why my programs are set up to support you as we make gradual dietary changes. Keeping a food journal is a great tool to keep you accountable to dietary change & helps me guide you to improve your diet and catch any accidental sources of toxic foods that may be hidden in your diet.

#3 Exercise a few times per week--walking, stretching, dancing, yoga, biking, etc., preferably you can find something you enjoy or team up with a supportive friend. Exercise is a great way to get your lymphatic system moving and help move stagnant toxic lymph and helps ease pain & stiffness.

If you have chronic health issues or chronic fatigue, then you will be guided as to how much exercise is ideal for your particular case as often you need to conserve your energy towards healing.

#4 A few minutes a day of quiet time and introspection--meditation is ideal for this purpose. However, a walk on the beach or park, or reading a great book or even a 10 -15-minute rest can do wonders to reset your system and recharge your adrenal glands.

Our constant busy schedules and stress can undermine the best of intentions. Also, make time for FUN. Life can be so serious at times especially if you are struggling with a health issue. Make time to catch up with friends, laugh, go to the movies or find some other way to bring the FUN back into your life.

#5 A Willingness to let go of unhealthy habits that are undermining your health- I will give you ongoing support & guidance for as long as you need, however you must be willing to make gradual changes to improve your health.

I have found that Nutrition Response Testing can have profound effects on your health if these basic steps are taken. I only ask that you do the best you can to follow these guidelines, as they will ensure that you receive the full benefit from my care. If at any time, you are struggling with some aspect of your program please get in touch asap so we can determine the best way forward.

I look forward to working with you

Sincerely

Alison Singleton (BSc - Medical Science)

Nutrition Response Testing & Kinesiology Practitioner