

## HOLISTIC AND ALTERNATIVE APPROACHES AGREEMENT

At all times your health and healing are your responsibility; however Inspired Therapeutic Solutions (ITS) (and its staff) are available to be your partner in the process and to help you develop awareness of wellness practices and treatments. Therefore, Inspired Therapeutic Solutions Inc. (ITS) may discuss with you alternative ways of understanding and managing your emotional and mental symptoms (such as anxiety, depression, OCD, etc.) In these discussions, we strive to provide you with perspectives from both Western and Eastern treatment systems. However, we are not physicians and do not prescribe drugs or dispense medical advice or advise on pharmacological treatments. During the discussion of western and eastern healing approaches, we provide you with awareness of holistic options to share with your medical professional and/or pharmacist. We encourage you to research any discussed aromatherapy, flower essences, acupressure/acupuncture, reiki, therapeutic massage, and/or herbal remedies, etc. for yourself and then take these findings to your doctor or pharmacist to discuss and for them to offer a medical opinion.

At ITS, we are not physicians or prescribing providers, we therefore only partner with you to raise your awareness and knowledge to be able to take to your medical / prescribing provider for their medical opinion. Your signature below represents that you have been advised to seek a medical opinion from your doctor (PCP, Psychiatrist, Prescribing Psychologist, etc.) or a licensed naturopathic doctor and/or a pharmacological opinion from your pharmacist (at your local drug store) about any potential drug interactions. Please always feel free to discuss our work with your doctor, pharmacist, and psychiatrist or please let me know if you would like me (or other ITS staff, as appropriate) to discuss any of our sessions with your medical provider.

While we use a host of approaches including genetic testing, blood testing, nutritional coaching, and herbal, crystal, and aromatherapy remedies, our practitioners are certified or most knowledgeable about Nutrametrix products, which are the worlds leader in nutraceutical health. ITS values Nutrametrix’s self-imposed regulatory practices to review product efficacy. Because there is little to no federal governing bodies for supplementation, Nutrametrix holds themselves to a high standard of practice, including providing providers and clients alike with credible peer reviewed journal articles about the efficacy of the ingredients used, see [www.nutrametrix.com/inspiredtherapy](http://www.nutrametrix.com/inspiredtherapy). We encourage each client to review regulatory standard for themselves at <https://www.nutrametrix.com/science/>.

Nutrametrix also advocates that the use and knowledge of supplementation should be given by trained professionals, and therefore Inspired Therapeutic Solutions, Inc. has partnered with this company because of its integrity and ethics. The producers and educators of Nutrametrix products are often multiple board certified in differing medical fields and therefore ITS has come to trust this brand and we have had much success with our clients, ourselves and our families using these products. Their education is accredited so that they provide training to medical, nursing, pharmacological, and counseling professionals alike. You can review their accreditation certifications at <https://www.nutrametrix.org/accreditation-information/>. We want you to be satisfied with any product or service, and if you are unsatisfied with performance or cost—we would be happy to discuss the possibility of a refund, product exchange, or affordable payment plan.

While we do our best to align with referral sources & product providers, which are ethical and safe, and will discuss approaches to make referrals for services or products outside our practice. Our consultation does NOT imply that we verify, vouch for the safety, quality or efficacy of providers, treatments, or product lines. The undersigned shall indemnify, save and hold harmless Inspired Therapeutic Solution, Inc. (its staff or agents against any and all claims, damages, liability, and court awards including costs, expenses, and attorney fees incurred as a result of any act or omission by the provider, program, or treatment modality (or their employees, agents, subcontractors, or assignees). We do not advise you to discontinue any medical treatment you may be receiving or have been prescribed without discussion with the prescribing provider. Our work is intended to be in harmony with any other healing work that you undertake, including traditional medicine and traditional Western medical doctors and pharmacists. Requesting your practitioners coordinate care helps you receive collaborative treatment.

CLIENT	CLINICIAN
<b>Print Name</b>	<b>Print Name</b>
<b>Signature</b>	<b>Signature</b>
<b>Date</b>	<b>Date</b>