

Waiver and Informed Consent for Diet and Nutrition Coaching

Tara Schwagmeyer/Spa Schwa is not a physician, and the scope of the consultation services does not include treatment or diagnosis of specific illnesses or disorders. If you, the client, suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay.

Rather than dealing with treatment of disease, **Tara Schwagmeyer/Spa Schwa** on wellness and prevention of illness through proper diet and nutrition to achieve optimal health. **Tara Schwagmeyer/Spa Schwa** primarily educates and motivates clients to assume more personal responsibility for their health by adopting a healthy attitude, lifestyle, and diet.

While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and diet, **Tara Schwagmeyer/Spa Schwa** does not promise or guarantee protection from future illness.

By signing below, you acknowledge that you understand that **Tara Schwagmeyer/Spa Schwa** is a health consultant and not a physician, and that you should see a doctor if you think you have a medical condition. **Tara Schwagmeyer/Spa Schwa** will not be held liable for failure to diagnose or treat an illness, nor will she be liable for failure to prevent future illness.

Additionally, you promise to give **Tara Schwagmeyer/Spa Schwa** a complete and accurate account of any medical conditions that you may have and any medications that you are taking.

Client Signature _____ Date _____

If client is a minor

Client Name _____ Date _____

Parent/Guardian Signature _____