



Hi! Please fill out the attached forms and bring with you to your nutrition consultation.

For the scar and trauma sheet: think back and list all scars and trauma/injuries you can remember, even if you think they're insignificant. If you've ever had a fall or accident (ie. car accident) or any surgeries, include that as well. If you've had a devastating loss (person or pet) or bad breakup (relationship) please list that too. On the same sheet, please list all piercings and tattoos. These traumas may play a large role in your current state of health.

Please MAKE SURE TO HAVE EATEN within 2 hours of your appointment. Also, please DO NOT take any vitamin supplements just prior to your appointment as we will be evaluating the current health of your body and doing so may interfere with an accurate assessment. We'll also ask you to remove any metal (ie. jewelry) or batteries (ie. watch, cell phone), so if you usually wear a lot, you may want to leave them at home.

If you're currently taking any supplements or medication, you may bring them with you for evaluation. If you have recent lab work (blood, saliva, stool) please bring a copy for our records. We look forward to helping you get healthy and feeling great.

DRIVING DIRECTIONS:

We are located at **1617 S. Pacific Coast Hwy, Suite K** in South Redondo Beach. We're on the **second floor** on top of **The Good Stuff Restaurant** and **The Coffee Bean**. Park at one of the meters or in the parking lot on **Ave I**. There are two **staircases**, one on **Ave I** between the **Coffee Bean** and **Korner Kloset** and one on **S. Elena** between **The Good Stuff** and **Ole**.

From LAX Airport

Take Sepulveda which turns into Pacific Coast Hwy, heading south – about 8 miles to Redondo Beach. When you see Ave A, B, C, etc, stay in the right lane. After Ave H, PCH will fork - bear right onto S. Elena. You'll see the Coffee Bean on the corner. Make a right on Ave I and park anywhere.

From 110 S/ Downtown

Take the Torrance Blvd Exit and make a left off the freeway. Make a right onto Torrance Blvd and continue until PCH. Make a left onto PCH and follow the above directions (from LAX).

From the 91 W/ Orange Riverside

Take the 91 W all the way to the end of the freeway which will turn into Artesia Blvd. Follow Artesia until you hit Hawthorne Blvd. Turn left onto Hawthorne and continue until you hit Torrance Blvd. Make a right onto Torrance Blvd. and follow to PCH. When you hit PCH, make a left onto PCH and follow the above directions (from LAX).

From the 405 S / Los Angeles, Hollywood

Take the Hawthorne Blvd exit and make a right off the freeway. Continue on Hawthorne and make a right onto Torrance Blvd. When you hit PCH, make a left onto PCH and follow the above directions (from LAX).

From the 405 N / Long Beach, Orange County

Take the Crenshaw Exit. Make a left off the exit and then an immediate left onto Crenshaw Blvd. Continue on Crenshaw for about 3 miles until you hit PCH and make a right onto PCH. Follow the directions below.

From the 110 N / Long Beach. Palos Verdes

Take the PCH exit. Head North on PCH, about 3 miles. When you pass Palos Verdes Blvd (you'll see Best Western and Bristol Farms), get into the left lane. Turn left onto Ave I, the street immediately after PV Blvd. Baskin Robbins should be on the left and Chevron on the right. Cross S. Elena Ave and park at one of the meters or in the parking lot to the right.

Creative Nutrition & Wellness Team:

Julie Feldman, MPH, RD, *Senior Nutritionist*

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InfOrmed Consent & Policies for Nutritional Consultations

Informed Consent

I acknowledge that Julie Eltman and nutritionists at **Creative Nutrition & Wellness** (herein referred to as **CNW**) are not medical doctors. I understand that Julie Eltman and **CNW** nutritionists provide nutritional and other health-related information to assist me in improving my health. **CNW** will help determine which nutrient(s) my body needs to balance my body.

All recommendations are designed to help me move toward my best state of health through custom programs and personalized recommendations in eating, exercise, supplements and lifestyle habits. I understand that I am responsible for the food that I eat & the nutritional supplements that I take, so **CNW** cannot guarantee any specific results. I understand that Julie Eltman & **CNW** do NOT diagnose, treat or claim to cure any disease.

Counseling Fees

Office visit fees at **CNW** range from \$90 to \$175/hour. Initial visits are typically 90 minutes during which recommendations are made based on a thorough review and assessment of your nutritional concerns. In addition, QRA kinesiological testing may be used to help identify specific needs and interference fields. Follow-ups are usually recommended at 2-4 week intervals in the beginning, and 4-8 when maintenance is established.

Quick Check

You may choose to have a "Quick Check", a 15-20 minute session, during which essential recommendations can be made. Quick Checks are \$45 per session.

Telephone Consultations

If you have questions and/or would like to speak to a **CNW** nutritionist, please call to schedule an appointment. Phone consults are pro-rated per 15 minute interval.

I have read this informed consent and understand it. I am over the age of 18. I am here on this day and any subsequent visit, solely on my own behalf and not as an agent for federal, state or local agencies on a mission of entrapment or investigation.

Signature

Name

Today's Date

Cancellation Policies

Welcome to **Creative Nutrition & Wellness**. We are so pleased to have you as a client and we look forward to seeing your health, well-being and quality of life improve.

We know that your time is valuable and hope that you consider the same for us. For this reason, we aim to start and end all sessions on time. If you are late for your appointment, please note that it will still end on time.

Please note that **CNW** nutritionists work on an appointment basis only. Thus, it is important for us to have a strict cancellation policy. Especially because certain time slots have a waiting list. Below is our 24-hour cancellation policy:

If you cancel your appointment within 12 hours of your appointment, you are subject to 50% of the session fee. If you cancel in less than 12 hours or do not show up for your appointment, you will be responsible for the entire session fee of \$175 for follow-ups and \$250 for initials. If we are able to fill the time slot, there will be no charge.

Please keep in mind that your cancellation could be someone else's treatment!!

CNW will call with a reminder for your appointment within 2 business days before your scheduled session time. Extenuating circumstances may be discussed with the office manager.

*I have read the above policies and I agree to all the terms and conditions. I authorize **CNW** permission to charge my credit card that you have on file if I have a late cancellation or a no-show for an appointment.*

Signature

Name

Credit Card Number

Exp Date

Today's Date

Billing Address