

Wholistic Methylation Guidelines

People who have followed the Wholistic Methylation program are having great successes. We hope the same is true for you. A large part of your success is up to you! Please read, initial and sign the information we are providing below.

___ I understand that I need to follow the recommended protocol. (Only take the protocol when you have all of them. Do not take them if one is missing. The program is designed to work specifically with your body. Not taking one supplement can alter the results. The same is true for supplementing with products not recommended by your practitioner.)

___ I understand that when I am about to run out of Supplements, I will call or go online to order to replace supplements until the need for a re-check.

___ I understand I need to schedule my recheck at least a month in advance since the schedule can fill up.

*If more than two months go past the recommended time frame for a recheck, you may not have a good outcome.

___ I understand that if I experience more symptoms or changes while following the program, and it continues for more than a few days, I need to let you know. (You can contact us any day of the week, and any time of day via email: drkateklemer@gmail.com)

___ I understand my practitioner is not diagnosing, or treating symptoms, conditions or illnesses. They do not give advice on medications prescribed by a medical doctor and that I need to contact my primary care physicians if any changes are made to prescribed medications.

___ I will let Dr Kate know about all the medications and supplements that I want to continue taking before each testing. Dr Kate does not give advice on which medications to take. She may ask that you stop all vitamin/herbal supplements and only take her recommended supplements after testing.

Your health and well being is important to us. Please keep us up to date on your Progress. If you are having worse symptoms for more than 3 days please email Dr Kate. You may need to be retested. Diet, stress, exercise, exposure to toxins, and seasons can require a need to retest your methylation protocol/supplement prescription.

You can schedule an online 30 minute Nutrition consult if you have any issues between methylation protocols that arise. Send an email or text with your issues, schedule the 30 minute appointment and Dr Kate will respond with an email or a phone call.

Signed _____ Date _____