

INTAKE & RELEASE OF LIABILITY FORMS

Welcome to the *10-Day Detox Program*! It is my desire that this program exceeds your expectations by providing *education, support, and encouragement...* helping you move closer to your **wellness goals**! This **intake and release of liability form** is a means to ensure optimal communication, enhance safety, and recognize that you ultimately hold the responsibility to engage in as much or as little as you feel is appropriate for your current state of health. It is always advised before starting any type of health and wellness program to discuss any concerns you have with your health care professional.

By clicking the box you agree to the following

1. I understand that although this is a guided detox program based on the body's natural detoxification pathway and can be very therapeutic and beneficial for overall health, it is NOT a replacement for any medications, medical examination, diagnosis, or treatment. I understand that *JBS Nutrition & Wellness, LLC* can't guarantee results to the extent you may expect and it is up to you to consult with your physician before engaging in a wellness program. Do not stop or change any medical treatment without consulting with your physician.
2. I understand that this Detox program should be avoided for anyone who is experiencing the acute phase of illness in particular liver, kidney, or skin disease. This program should be avoided for those in active treatment for cancer, eating disorder, pregnancy, or acute injury or pain.
3. I understand that as part of the detox program some individuals *may* experience what is often called a "die off period". This may occur when cleaning your body of unhealthy food and is associated with minor flu like symptoms. This is normal and often part of the process. These mild side effects subside as the body clears itself of toxic foods, chemicals, and is replaced by nourishing foods. However, if you do experience this, please call Julie for tips and guidance.

Release of Liability & Proprietary Guidelines:

The information presented and taught as part of this guided detox is exclusive and proprietary to *JBS Nutrition & Wellness, LLC*. This information and all materials are provided for your use and benefit of this program. None of the information provided through the *10-Day DETOX Program* is to be reproduced and used without consent. If copies are made it must reflect the proprietary logo of *JBS Nutrition & Wellness*. The information provided and expressed as part of this Program is disseminated as general information. It is not intended to give medical or pharmacological advice and should not be relied upon as a substitute for professional medical care.

While I am enrolled in the 10-Day Detox Program I agree to the following:

1. I agree to listen, participate, and engage in the details in the Program to the best of my ability in order to enjoy the health benefits. However, if I have any concerns as to why I cannot continue, I will openly discuss my concerns with Julie.
2. I understand that payment is non-refundable and non-negotiable.
3. I understand that I am solely responsible for my own physical, mental, emotional well-being throughout the program. If I have any concerns that may impact my participation in the program, I will contact Julie directly.
4. I have read and been advised as to possible minor side effects.
5. I acknowledge that my participation in this program is purely voluntary and I assume full responsibility for myself. I have the right to make choices that are outside the advice of this Program, but this Program will not be held liable for these or any other choices.
6. I understand that this program is voluntary and *JBS Nutrition & Wellness, LLC* is not liable for any adverse side effects or health issues that may occur as a result of this program OR occur simultaneously to participating in this program.

7. I acknowledge that I currently do not have any medical conditions that would be contraindicated for participation in this Program (*ie. Cancer, ED, Liver/Kidney disease, flu, COPD/ CHF, uncontrolled diabetes*)
 8. I agree not to reproduce any of the materials provided as part of this program for my own personal gain (such as selling information). I have permission to make copies as long as the JBS Nutrition & Wellness logo is represented.
 9. I understand that any information shared as part of this program and among participants is ***completely confidential***. This program is designed help you learn as well as provide a supportive atmosphere in which to thrive and encourage others toward improved wellness. Individual meetings are HIPPA protected and confidential.
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In order to achieve optimal results, the following will be important:

- Attending the initial virtual class session is required before proceeding with the detox program. You may attend “live” or view the recorded session at your convenience.
- Following the class session, you will receive a link to schedule your two 1x1 sessions with Julie. Be sure to schedule these at times before or during the time you plan to start your detox program.
- Please complete and work through any materials that are provided to compliment your Detox.
- Read all posts and e-mails sent related to the detox over the 10-days. This will help you to focus your thoughts and allow you to fully leverage the Program.
- Be willing to learn new concepts, experience change, and stretch yourself outside of your comfort zone at times, when appropriate.