

## **PATIENT PLEDGE**

Your health and healing depends on our commitment to doing the best we can and your commitment to:

### ***The MBN Approach***

We strongly recommend that you fully commit to the MBN approach in order to succeed. Working with multiple centers or physicians, other than your primary care physician or other functional medical practitioner may create contradiction, confusion and frustration – ultimately delaying your progress.

### ***A Partnership and a Process***

Some chronic illnesses can take weeks, months or even longer to improve. If you don't see immediate results, don't give up. At MBN, healing is based on a partnership and a process. It takes time, patience and persistence to find and treat the root causes of your illness. We are committed to working with you and communicating with your physician in order to ensure that you stay on a journey to healthy living.

### ***Prescribed Changes***

Your commitment to comply with prescribed dietary changes, supplements, as well as other treatment recommendations, is the key to healing. Following your plan with reasonable consistency is vital to your success. Failure to comply with the suggested recommendations is likely to thwart your efforts at success.

### ***Nutritionist Appointments***

Our functionally trained nutritionists and staff are your support system. Maintaining your regular ongoing appointments with your MBN team will allow you to stay on track, as well as obtain ideas, tools and strategies for implementing the necessary changes crucial to your success. Your team will act as an important role to support you when faced with any challenges, and will provide you with any helpful resources that you may need.

### ***Ongoing Support***

Functional medicine is a different approach from the existing health care model. Chronic illness can contribute to challenges with focus, cognition, energy and mood. Some of the changes that we ask of you may feel overwhelming at times. We urge every patient to find support at home. Family or friends may provide support, but that is not always adequate. It is the obligation of your MBN team to identify difficulty you might be having with behaviors that are interfering with your stated goals and to recommend additional outside services. These services include a range of behavioral and mental health therapies.

I have read and agree to the statements above.

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Please Print Your Name

Date

NOURISH. BALANCE. THRIVE.