

## THE IMPORTANCE OF SELF-EMPOWERMENT

Welcome to Life Energy Holistic Partners. Thank you for placing your trust and confidence in us, and congratulations! You are about to embark upon the most important and exciting adventure of your life: the journey to improved health. We are looking forward to working with you on this journey as teachers, coaches, advisors and friends. However, it is important for you to understand that there are some significant differences between the way our practice operates and that of a conventional medical practice.

As we're sure you well know, a visit to a medical doctor typically involves no more than a few minutes of actual consultation, a review of your symptoms, and the writing of some sort of prescription to alleviate those symptoms. That is NOT what we about here! As you've already seen from the information and assessment forms you've filled out, we are primarily interested in your diet and lifestyle as major determinants of your current and future state of health. If you've brought medical test results with you, that's great! We will certainly use them as part of our assessment, but blood tests and medical diagnoses are only two of the many "pieces of the puzzle" that come together to tell the story of a person's state of health. You can anticipate that we will spend a number of hours with you over the next several months putting those "pieces of the puzzle" together.

Much of what we impart to you on this and subsequent visits will be information on how to improve the primary factors involving your particular health concern. However, as the questions on our forms indicated to you, we look at a large number of factors before determining how best to help you. We cannot cover all of this information via face-to-face dialogue. Therefore, we have generated several important pre-printed pieces of information to cover some of the most prevalent situations our clients bring to us. You will be provided copies of this information, if it is appropriate to your particular health concern, as a part of your consultation. Therefore, it will be YOUR responsibility to read, digest and (most importantly) APPLY this information while making the necessary changes to your dietary and lifestyle habits.

Which brings us to the most important distinction between us and a medical practice: we cannot make these changes for you. Unlike a medical practice, we do not simply prescribe something for the symptoms so that, when and if they go away, we declare you to be in good health. Pursuing a natural path to good health requires you to be more than just a passive participant, because the factors which determine a person's state of health are much more than just a set of symptoms.

This journey we are about to embark upon together is a journey of self-empowerment: YOUR self-empowerment. Our goal is to impart to you the knowledge, skills and (if necessary) products that you need so that YOU can take charge of your own health and live a healthier, happier, more energetic life. In order for that to happen, we need you to participate in this process ACTIVELY. That means taking an active interest in making the changes in your diet and lifestyle recommended by the practitioner, following the recommended supplementation protocols (if any are suggested by the practitioner), and most of all, being CONSISTENT on a daily basis with those changes. The primary ingredient in your success will be YOUR sense of motivation. We have found through experience that the clients who are the most motivated and conscientious are the ones who achieve the best results.