

Alan Shair, PhD., Ct.HA, MNC

Functional Medicine/Medical Nutrition

Your Personalized Health and Wellness Program

Congratulations on taking your first step to achieving and maintaining optimal health and wellbeing! I am committed to providing you with the best natural care available. Medical Nutrition is about the use of foods, nutrients and natural remedies for optimal wellness. In this process, we will work together to make the changes required to enhance your body's natural healing ability and attain and maintain good health. To get the most out of your Personalized Health and Wellness Program, I hope you will be fully committed to it, ultimately your health and wellbeing is your responsibility. That being said, I look forward to serving as your partner in this journey. Here are a few things for you to consider.

Appointment Procedure -

In consideration for other patients, please arrive on time for your appointment. If you are running late, please contact the office as soon as possible. If you must cancel or reschedule your appointment, please notify the office at least 24 business hours in advance. Late arrivals and missed appointments will be duly billed.

Personalized Health and Wellness Program -

Once you have achieved the specific health and wellness goals which you have set for yourself, I encourage you to schedule periodic follow up visits to ensure health maintenance and focus on disease prevention through natural means.

Nutritional Supplementation -

Based on your lifestyle and history, I will recommend specific nutritional, herbal, or homeopathic approaches for you. Please follow the instructions on your **Continued Wellness Plan** sheet. If you experience any problems with the nutrients or remedies, please let me know as soon as possible.

When possible, you have the option of purchasing the supplements directly from me, or through your local nutrition store. Since the FDA does not regulate the supplement industry, and there are often concerns about safety and efficacy, there will be situations in which I cannot recommend supplements other than the professional brand products to which only a doctor/ nutritionist has access. In these cases, I will order the supplements for you.

To ensure your continuity of care, please order your refills at least 5 business days before you need them. Orders may be placed via email or by calling the office. We can arrange for regular monthly "continuity program" shipments if you wish.

Health Insurance: Unfortunately, New Jersey state law does not allow nutritionists to provide insurance diagnostic codes. In most cases, my services will not be covered by insurance. You are therefore personally responsible for paying for my services and supplements. If you would like to submit claims to your insurance provider or use a Health Savings Account, I will provide you with an invoice and tax ID number.

Contact -

It is my hope to create and maintain a personal relationship with you where the lines of communication are open. If you have questions or concerns, please ask. You may contact me through my office number. Alternatively, you may email me. If you do not receive a response within one business day, please contact the office to ensure it didn't get lost in cyberspace. In answering your questions, a 10 minute phone consultation or email response is complimentary. Emails or phone conversations taking longer than 10 minutes will be billed at the regular hourly rate.

Referrals -

I am passionate about providing top quality nutritional care. The highest compliment my clients give is the referral of their family members and friends. Should you know of someone who could benefit from this care, please do not hesitate to suggest they contact the office to schedule a complimentary 15 minute phone consultation.