

Wholistic On Wheels

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Wholisticonwheels

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WARM SALUTATION! I am glad that you are choosing to take charge of your own health by making you a priority. We are deeply honored that you have chosen Wholistic On Wheels to be part of your life changing journey. We take a unique approach to alternative health care that addresses the root cause of symptoms by using many different specialties to promote health of the whole person (**mind, body and spirit**).

EASY PRINCIPLES OF ALTERNATIVE MEDICINE:

- * **We work together as partners in the healing process to help your body heal itself. It is your responsibility to "fix and heal" you**; we will provide support, recommendations, and protocols to help you reach your health goals, but the real work is yours to do.
- * **We work to address the root cause.** By taking into consideration all factors that can influence health and wellness including: food, toxins, allergies, infections, stress levels, and emotional health. We are performing a health investigation, working to get to the root cause of the problem in your body and mind by helping you understand why and how you got sick. We will recommend natural protocols to bring your body back into balance and also prevent future disease.
- * **We find peace in knowing God designed the body to be healthy.** The body has a blueprint for health and is created by God to be healthy. Please know and understand that Wholistic on Wheels takes on a Biblical perspective.

EXPECTATIONS WHEN WORKING WITH US:

* **Healing the brain and body together:** In order to heal your brain and body we will need to address the root cause of sickness. One can't work properly without the other!

In life the brain becomes exposed to stress and trauma which puts the body in a physical fight/flight response. Areas of the brain are then affected by the stress which can be long term, with a negative take on the body's healing ability. Such as throwing the body's hormonal chemistry off track hindering the healing ability.

* **Bach Flower Remedies:** BFR's are herbal holistic medicines for the emotions, which aim to balance negative states of mind and resolve character defects by encouraging the corresponding virtue. You will gain the benefits of a happy emotional balanced life. We do not have to be defined by emotional titles given. BFR's are simple tools to use to help give us all the power to take control of our emotional lives. Get anxiety, stress, depression ect.. Under control naturally with a few drops of tincture 4 times a day for a said period of time. You choose the route of your dosage.

* **Nutrition Plan for Healing/Preventative health:** Nutrition plans provide holistic nutrition advice to clients on individual nutrients that the body requires. We select quality choices of foods while keeping the individual in mind in order to customize a nutrition plan for he / she. Making sure you feel good about the changes in your new eating habits is the key to your body functioning at its optimal best. Food will also be the basis of a strong foundation in preventative care and to healing your body. The truth is a healthy, correct diet promotes a healthy body at the end of the day for; pregnancy, normal growth and development as we age. Following a good eating plan helps maintain a good body weight and reduces the risk of chronic disease.

* **Herbal and Supplement support:** Keep it simple, herbal supplements are products derived from plants and/or their oils, roots, seeds, berries and flowers. Herbal supplements have been used for centuries. It is nothing new under the sun, but lots of work goes into finding out what works. Herbal supplements should always be used with caution. The person taking herbal supplements should be aware of any known allergies and advocate it to the W.O.W clinic and staff. Herbal medicines prevent illness, cure infections, relieve fever, heal wounds, treat constipation, ease pain, act as relaxants, or stimulants. Herbal meds take about 2 weeks to start feeling better with discipline and consistency about herbal usage.

* **Motivational support:** Offers support that considers physical, emotional, social and spiritual wellbeing. We holistically focus on the person's wellness and not just the illness. Through holistic growth we will help you change your mindset as you become more self aware and knowledgeable of the wholistic lifestyle. You will become capable of facing life demands and challenges everyday. As you strive to become stronger and healthier to create a holistic lifestyle that allows you to not only observe you in its entirety but nourish it as well inside and out. Through counseling, weekly calls, text messaging, willpower and self discipline you will get there. Each person's time frame and journey to complete wellness is different.

* **Iridology Analysis for preventative health:** Iridology or iris analysis as it is often called is a method used in alternative medicine to analyze the health status by studying colors, marks and signs in the iris, pupil, and sclera of the eye. Modern medicine unfortunately has its limitations and many diagnostic techniques such as blood tests and x-rays are often painful, invasive and may have a certain degree of risk. Results may take extended time. An iridology examination is an absolutely safe, non-invasive, painless and reliable method of obtaining information almost

instantaneously in most cases about the health status of an individual and one of the real methods to view all the body organs and systems as a whole and how they interact with each other. Through photos we keep track of the health progress.

* **Detox Treatment Plan for Wellness:** Wellness cleanse is to detox the areas of one's body and or systems. Holistic detox is a full body toxin elimination by turning toxins into waste, thus enhancing the body's detoxification pathways to open and flush out the system; such as the liver. By ridding the body of all toxins it can improve energy/fatigue, assists in weight loss, relief constipation, headaches, muscle aches and smoother bodily functions. Detoxification is ideal for a healing transformation to take place. There are different types of detoxification programs and time frames for each individual situation that should be governed and monitored by a Detox Expert.

***Package Deal Program Format**

Select one or all

1 Session 3 Months 6 Months 12 Months

__ 2-3 Sessions with our Doctor/Practitioner/Coach per month \$ ____

__ 1 Session with our Holistic Health Doctor \$ ____

__ Nutrition eating program and Treatment plan \$ ____

__ Iridology Analysis every (90) days, avail monthly at extra cost \$ ____

__ 1 Bottle of customized Bach Flower Remedies \$ ____

__ 1 Month supply Holistic Base Wellness Tea \$ ____

__ Customized Holistic Wellness Tea available \$ ____

__ One on one personal home visits avail w/deposit \$ ____

Cancellation Policy

We consider an appointment to be an agreement between you and Wholistic On Wheels. The Doctors, Practitioners and Coaches who work here take pride in helping each and every person. Many of our practitioners are independent contractors. If you fail to give due notice or do not show up for your appointment, your practitioner becomes unavailable to provide services to another client during that scheduled time.

You will be held responsible for keeping the appointment or giving a 48-hours notice of cancellation. If for any reason you are not able to keep your scheduled appointment, and fail to notify Wholistic on Wheels a minimum of 24 hours before your scheduled appointment time, the credit card or deposit securely stored on your profile will be charged a non-refundable fee. Online will be charged \$30.00 Please note that any client who arrives 15 minutes late or more to their appointment, they may be considered a no-show and will be charged the \$30.00 cancellation fee. The client will be rescheduled at the request of our Doctor and or Practitioner.

I hereby authorize Wholistic On Wheels to make charges on my credit card in the amount of \$30.00 and fully understand that in the event that I do not give adequate notice of cancellation of an appointment or arrive 15 minutes later than the scheduled time the **non-refundable charge will take place.**

*All information is safely stored online under individual client profiles in WOW Online's secure database. Once the credit card is stored, it cannot be accessed in full by management. This allows for coded transactions to take place utilizing stored credit card information.

PAYMENT: Payment is expected at the time of service for each visit. Wholistic On Wheels currently accepts the following forms of payment: Cash, American Express, Discover, MasterCard, Visa, Paypal, Cash App and Zelle. **We do not accept checks.** Supplements must be paid for **at** the time of pick up and when calling in orders for shipment.

PHONE APPOINTMENTS/REMOTE APPOINTMENTS: Out of state? No problem! We offer phone or Zoom video chat appointments for people who are unable to make it to our office due to **long** distance or other factors. We offer remote health evaluations and emotional coaching, so no matter where you live in the US, you can utilize our services.

SHIPPING POLICY: We ship via USPS 2-3 day priority unless otherwise specified by the customer at the time of order. Most orders are processed and shipped within 2 business days of placement.

RETURN POLICY: We cannot provide refunds for any supplements or products once they are opened. Unopened supplements can be returned within 30 days of purchase for a full refund.

SUPPLEMENT ORDERS OR REFILLS: We offer several options for making ordering refills as convenient as possible.

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You may pick up your items at any of the Pop-Up Wellness Clinics locations or call to place and order. Call (210)750-2662 for current clinic Dates and

locations. The front desk business hours: Monday-Friday 9 am to 5:30 pm, Saturdays from 9:30 am to 2 pm. We can ship items USPS 2-3 day priority. Call us at **210-750-2662** or email us at **wholisticonwheels@gmail.com to order** supplements. Please allow 48 hours advance notice to prepare your order. Special order supplements may need extra time. Supplements must be paid for at the time of pick up and when calling in orders for shipment.

OUR PROMISE TO YOU: If you have made it this far in this welcome packet, you probably realize by now that we take what we do very seriously and provide a high level of care for our clients. Our reputation at Wholistic On Wheels is built on getting our clients excellent results and for that to happen, the client has to partner with us while the body heals itself naturally. If client's don't fully believe they can get well, then that tends to be what happens. We are not willing to compromise our track record of wellness for those who are skeptical of alternative medicine or not willing to invest in their health. It is an investment and a commitment to yourself. If you are ready to invest in and commit to yourself, we would LOVE to partner with you. We know we'll deliver. Will you?

If so, please read and sign our client agreement below and fill out the forms on the next few pages. Bring them with you to your first appointment. We look forward to working with you!

CLIENT AGREEMENT

As your Doctor/Practitioner/Coach, my role is...

***To be fully present during your appointment and listen carefully**

***To serve as your accountability partner**

***To urge you to take responsibility for your health and grow to a higher level.**

***Offer honest feedback Create an action plan and protocol for you to meet your goals**

As a client, your role is...

***Show up on time for your appointments with no distractions.**

***Give 100% of your effort towards following your protocol during your program.**

***Take your supplements faithfully and take the action we decide upon.**

***Be open and teachable.**

***Make your payments on time.**

***Give at least 48 hour notice for any appointment cancellations**

Signature of Client: _____

Date: _____

Signature of Doctor/Practitioner/Coach: _____

Date: _____

Disclaimer The computerized Questionnaire screening packet and Iriscope provides a completely non-invasive method for gaining valuable information about how your body functions. The primary objective is to find patterns of stress and provide feedback that will assist in developing a program to restore areas of the body to balance.

I understand that the survey does not provide medical diagnosis and that my testing technician may recommend further medical testing. If I suspect that I need further medical intervention, I understand that I should consult my physician. I give my permission for the testing technician to evaluate me using the Questionnaire packet and Iriscope. I understand in doing so my testing technician is NOT becoming my primary care physician. I understand that the testing technician will give me information about myself and make recommendations based on the screening. I understand that the testing technician will not pass judgements on prescribed medications and it is the responsibility of my primary care physician to make any changes to my prescribed medications. Any decision to follow through with the recommended program is my own decision and I hold the testing technician harmless. I understand that the Questionnaire packet and Iriscope does not diagnose diseases in the body. I understand that the role of Wholistic On Wheels is not to prescribe, to diagnose, treat, or cure any disease, condition or other physical or mental ailment of the human body, rather, Wholistic On Wheels is a mentor and guide who has been trained in Holistic and Naturopathic health to help clients reach their own health goals by helping clients implement positive lifestyle changes. I understand that Wholistic On Wheels is not acting in the capacity of a doctor, licensed dietician, nutritionist, psychologist, or other licensed or registered professional, and that any advice given by Wholistic On Wheels is not meant to take the

place of advice by these professionals. I understand that I am here to learn about natural health and better lifestyle practices and I will be offered information about food, supplements, and herbs as a guide to general health. I take full responsibility for my life and well-being, as well as the lives and well being of my family and children (where applicable) and all decisions made while working with Wholistic On Wheels. I assume risks of trying new foods or supplements, and the risks inherent in making lifestyle changes. I release Wholistic On Wheels from any and all liability, damages, causes of action, allegations, suits, sums of money, claims and demands whatsoever, in law or equity, which I ever had, now has, or will have in the future against Wholistic On Wheels, arising from my past or future participation in programs and services, unless arising from the gross negligence of Wholistic On Wheels. CONFIDENTIALITY: Wholistic On Wheels will keep the client's information private, and will not share the client's information to any third party unless compelled by law. ARBITRATION, CHOICE OF LAW AND LIMITED REMEDIES In the event that there ever arises a dispute between Wholistic On Wheels and the Client with respect to the services provided pursuant to this agreement or otherwise pertaining to the relationship between the parties, the parties agree to submit to binding arbitration before the American Arbitration Association. Any judgement on the award rendered by the arbitrator(s) may be entered in any court having jurisdiction thereof. Such arbitration shall be conducted by a single arbitrator. The sole remedy that can be awarded to the Client in the event that an award is granted in arbitration is refund of fees. Without limiting the generality of the foregoing, no award of consequential or other damages, unless specifically set forth herein, may be granted to the Client. This agreement shall be construed according to the laws of the State of Texas. In the event that any provision of this agreement is deemed unenforceable, the remaining portions of the agreement shall be severed and remain in full force. If the terms of this agreement are acceptable, please sign the acceptance below. By doing so, the Client acknowledges that: he/she has received a copy of this letter agreement; he/she has had an opportunity to discuss the contents with Wholistic On Wheels and, if desired, to have it reviewed by an attorney; and the Client understands, accepts, and agrees to abide by the terms hereof.

Client name: _____

Signature: Guardian Signature (if under 18 years of age):__ Relationship:

Date: _____

Wholistic On Wheel

Wholistic On Wheels

Love Thyself!

Name _____ Date: _____
Address: _____
City: _____ State: _____ Zip _____
Home/Cell: _____ Work# _____
Occupation: _____ Hours of work per week: _____
Age: _____ Birth Date: _____ Current Weight _____ Weight one year ago: _____
Email address: _____ Children?: _____
Ages: _____ Pets: _____ Relationship Status _____
How did you hear about us? _____

Present Complaints: List the your main health problems:

1. _____ When did it start? _____
2. _____ When did it start? _____
3. _____ When did it start? _____
4. _____ When did it start? _____
5. _____ When did it start? _____

Please rate your current overall health:

I don't have any symptoms. I feel good most of the time and want to prevent disease.

I have minor health problems, but they don't hold me back from doing what I want in life.

My health has started to break down and my symptoms have started to interfere with life.

I have significant health problems and it's affected my life to the point where daily tasks are difficult. I feel terrible most of the time.

Medications or nutritional supplements you are currently taking: (List them)

WHAT DO I NEED FOR MY APPOINTMENT? If you're seeing us in person, bring a copy of the intake form filled out, meds, nutritional supplements, any recent lab work and ID card. Please provide your primary Doctors/ Specialist info if you have one.

UNDERSTANDING HOLISTIC HEALING TIME FRAME: For every person, the journey to health takes a different length of time. Meaning, for every person is different even though you may have similar symptoms and diagnoses. Also take into account the individual's level of commitment. The average timeframe for recovery where you start to see and feel change long lasting is 3-6 months and sometimes longer, depending the severity of symptoms. Holistic medicine needs time for the true healing process to take place at the core level of the body in order to prevent future disease because we are not just covering up symptoms.

Cancellation Policy: At Wholistic On Wheels, we value and respect your time. The time we reserved for your health care is dedicated solely to you. As such, we require a minimum of 24 hour notice to be given for any appointment changes or cancellations. A \$30 cancellation fee will be charged for all changes and cancellations made with less than 24 hour notice. Clients who arrive late by 15 minutes or more may have to reschedule their appointment which is also subjected to a fee of \$30.

SCHEDULING: When scheduling your visit, credit card information will be required to reserve your appointment. If for some reason you choose not to keep your scheduled initial evaluation, and fail to notify us within 24 hours of the appointment, a non-refundable fee cancellation of \$30 will be charged to your card on file.