

## Realistic Expectations

### What to expect from your ongoing treatment and how to be a good patient

1. Time is part of every protocol. You are just as likely to experience relief of symptoms quickly as you are to notice gradual changes over time.
2. There may even be ups and downs in symptoms.
3. Have patience and focus on the overall trend. As long as the weekly/monthly trend is moving in the right direction, we're good.
4. If you stop coming to your regularly scheduled office visits or stop your protocol before I give the recommendation to reduce or stop then you are most likely not going to experience a durable resolution of your symptoms/health issues.
5. You are required to take an active part, the starring role, in improving your health. I'm just the coach, the director, who will make the needed recommendations. You are the one who needs to follow them. I can't make you better; only you can make yourself better.
6. Your body *may* go through some unwanted symptoms on the way to wellness. If you need to talk about this, I request that you schedule a 15-minute phone consultation to discuss any concerns or questions.
7. Please do not send me an email, text, or FB message with what is going on asking for help. You can send me a communication stating that something is non-optimum and that you would like to schedule a brief consultation to go over any concern or question you may have.
8. All issues relating to your case are to be handled via a consultation. Exceptions to this rule would be a medical emergency.
9. I am your doctor or one of your doctors. I handle business during business hours. Please be respectful of that.

Name \_\_\_\_\_ Date \_\_\_\_\_