



THE LIFEST

BALANCING BODY, MIND, SPIRIT

Disclaimer Form

I am a Certified Biblical Counselor, Certified Natural Health Professional (CNHP), Jin Shin Jyutsu Practitioner, and a Certified Yoga Health Coach. I can help you commit to simple healthy habits. I help you stay accountable to your wellness goals. I provide you the information and guidance to cultivate healthier daily habits.

I am **NOT** a licensed medical doctor. I do not engage in patient diagnosis or the practice of medicine. Similarly, I am not a Licensed Professional Counselor or Therapist. **If in doubt, please ask for clarification.**

If you have any questions regarding your pharmaceutical prescriptions, herbal prescriptions, or other medical advice, please consult with your physician.

Sheila H Gravelly

Sheila H. Gravelly, CBC, CNHP, JSJ Practitioner, YHC

By Signing below, you acknowledge your responsibilities in working with me.

1. I understand that Sheila Gravelly is not a Medical Doctor (MD) and not qualified for Medical Diagnostic and treatment procedures.
2. The services offered by Sheila Gravelly are restricted to coaching, consultation or evaluation of lifestyle and healthy eating guidelines. These services are intended for the maintenance and optimization of general health and do not involve diagnosing, prognosticating or treatment of disease.
3. I have read and understand that Jin Shin Jyutsu is a hands-on healing art and is not guaranteed to treat specific medical conditions.
4. I understand that the course "Ready, Set, Thrive!" is an educational program. Our group's audio files will be used for teaching purposes exclusively for The Lifest Health Courses.
5. I am consenting on my own behalf.

Name: _____

Date: _____

Signature: _____

Email: _____