



LINAE HEALTHSPAN INSTITUTE, INC.
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PATIENT PLEDGE

Your health and healing depend on our commitment to doing the best we can and your commitment to:

- **The LHI Approach**
We strongly recommend that you fully commit to LHI’s medical approach in order to succeed. Working with multiple centers or physicians, other than your primary care physician, may create contradiction, confusion and frustration – ultimately delaying your progress.
- **A Partnership and a Process**
Some chronic illnesses can take weeks, months or even longer to improve. If you don’t see immediate results don’t give up. At Linae Healthspan Institute healing is based on a partnership and a process. It takes time, patience and persistence to find and treat the root causes of your illness. You will have to work hard and so will we.
- **Prescribed Changes**
Your commitment to comply with prescribed dietary changes, supplements, and medications, as well as other treatment recommendations, is the key to healing. If you don’t follow the plan with reasonable consistency, your progress will likely be stalled.
- **Nutritionist Appointments**
Our medical nutritionists are your support system for making the necessary lifestyle changes. If you maintain regular ongoing appointments with your LHI nutritionists, you’ll benefit from guidance for overcoming challenges, ideas for implementing those changes and helpful resources.
- **Patient / Physician Commitment**
Establishing and maintaining a good working relationship with your physician here at LHI, is the key element in your success. Once treatment is initiated with your physician, it is important that you remain in that physician’s care and stay in regular communication with your clinical team.
- **Ongoing Support**
Functional lifestyle medicine is a different approach from the existing health care model. Chronic illness can contribute to challenges with focus, cognition, energy and mood. Some of the changes that we ask of you may seem overwhelming at times. We suggest that every patient finds support at home. If your family or friends cannot provide that support we recommend that you find professional help: cognitive/behavior psychotherapist or a life coach.

I have read and agree to the statements above.

Print Name

Date



Patient Signature