

Disclosure and Informed Consent

Required by California Health Freedom Act (SB-577)

for *Shauna L. Ronzone*

Sierra Balance

P.O. Box 3091, Olympic Valley, Ca 96146

Welcome to Sierra Balance. As you may already know, I am a practitioner of kinesiology. I am not a licensed physician, nor are any of the services that we provide licensed by the state of California. We are an alternative and complementary (as defined by law) to what the medical profession provides. You may have been referred by someone who has previously utilized our services, and we encourage you to ask questions and learn about what we do.

The idea behind kinesiology is that the muscles, the meridians, and the organ systems of the body are related, and that by using muscle testing as feedback, and by stimulating and massaging various reflex points on the body surface, additional support can be given to the organs and body systems to facilitate healing and optimum health and performance.

The idea behind natural healing methods is just that - they are natural, in the sense that they are non-invasive, they are not chemically based, and in many cases, they are things that you can do with yourself to assist and support your own internal healing.

As a practitioner of kinesiology, I will provide you with the following kinds of services:

1. Sierra Balance helps people to focus on and increase their own wellness. I will ask you to see your own medical doctor/physician for all disease-or illness-related conditions. Our methods can assist with what they may be doing for you, but the medical profession is your first "go-to" place for disease and illness disorders.
2. I will ask you to bring in your own list of things to work on - your list of goals and what you want - areas of your life, your work, your family, your activities, your sports, your own health, minor aches and pains, where you have not yet achieved all that you desire. Sierra Balance will work with you to help you achieve better results in the areas that are a priority for you.
3. Using kinesiology, I will help you and your body become more resourceful, and more in alignment to achieving your goals. I will give you some tools and techniques that you can use after you leave. Sierra Balance works with you in three primary ways:
 - a. In a teaching and learning format - helping you to learn things to care for yourself.
 - b. In a consultative format - helping you to identify and clarify the goals you have.
 - c. In a practitioner format - demonstrating, performing and applying the various methods and techniques.
4. We hope that you will become more educated about how to care for yourself and your family, through the work that we do together. Our services work best when you have a desire to learn and to explore new ways of caring for yourself.
5. Sierra Balance both believes in and utilizes the connections between mind-body-spirit to help you achieve your goals. You've may have heard a lot about mind-body-spirit in popular press. Mind-body-spirit refers to how our thinking patterns can affect the body's health and wellness, how our life-energy influences what we think and feel, and how our level of health and wellness affects how we think, and the level of energy we have for living our daily lives. An imbalance in anyone of these

areas may create challenges and foster limitations in the other areas. We will help you to understand and utilize this, and introduce you to tools and techniques that can help you bring all three of these areas into greater harmony.

In order to use my services, California state law requires that you read and acknowledge receipt of the information provided in this form, and that you sign it. You will receive a copy for your records. I will keep the original in my records for at least three years, per that requirement.

My methods of kinesiology is an alternative or complementary to healing arts that are licensed by the State of California.

If you ever have any concerns about the nature of your treatment, please discuss them with me.

I recommend that you inform your medical doctor that you are receiving these types of treatment.

Acknowledgement and Consent to Receive Services:

I have read and understand the above disclosure about the kinesiology methods offered by Sierra Balance, and Shauna Ronzone. I have discussed with Shauna Ronzone the nature of the services to be provided.

I understand that Shauna L. Ronzone is not a licensed physician and that these services are not licensed by the state. I understand that it is my responsibility to maintain a relationship for myself (and/or my child) with a medical doctor.

I have consented to use the services offered by Sierra Balance, and agree to be personally responsible for the fees in connection with the services provided to me.

Signed _____ Date _____
(client/parent/conservator/guardian)

Indicate capacity to sign, if other than client _____

Printed Name _____