



AN INTRODUCTION

Let me thank you for taking the time to inquire about my Autism Recovery Coach health coaching service! This document will answer any questions you might have about scheduling with me and also gives a description of what I have to offer you.

Before scheduling a consult with me, allow me to explain my process. There are a few steps I ask you to take in order for me to serve you in the most efficient way. A mutual understanding of how my process works will help ensure that I meet your expectations.

Paperwork:

The first step is to download the **Autism Health Coach Agreement**. This document explains what my services entail, how I accept payment, and equally important – what my services do not cover. If you are in agreement with the terms I have set forth, please initial and sign the document.

Secondly, please download the **Intake Paperwork**. This document gives me basic information about your child's health so we can reduce the amount of time spent discussing these matters during our consult. I do ask for several days of dietary journaling and bowel patterns. This information is usually very informative in my interpretation of your child's physiological and biochemical challenges. In other words, it impacts my recommendations to you. Therefore it is extremely important that you do not sacrifice accuracy by rushing the completion of this form.

Once you have established a coach-client relationship with me, future consultations involving lab reviews and/or major revision to your child's regiment would require the **Follow Up Form** to be completed instead of the Intake Paperwork. I ask for the same measure of care in completing follow up forms as what I expect of the Intake Paperwork in order to best serve your child. This helps me, help you, and gives your child the best chance of experiencing positive change in the fastest amount of time possible under my guidance.

Thorough completion of the Intake and Follow Up documents allow me to review your child's current nutrient regiment, current symptoms, and pertinent lab findings ahead of our consult. I appreciate your accurate data entry – mistakes here can lead to misinformed advice being given on my part. I ask that you return the document as a Microsoft Word document instead of saving it as a PDF. This makes report generation go much faster, thus saving you money.

Once those documents have been completed according to the specifications described above, please return them to me along with any labs you would like included in the review. You may send this email to chris@autismrecoverycoach.com

Ancillary Services:

I also offer the following ancillary services:

- **Methyl-B12 Consultation**

If you have already signed a Coaching Agreement, you may proceed with scheduling one of these appointments. Herein, I will explain the critical components of making Methyl-B12 an effective treatment in your child's regiment and how to source it. Depending on whether you intend to reconstitute the sterile powder yourself, I may also educate you on proper reconstitution technique. Approximately 30-40 minutes are spent in consult.

- **Next Steps Coaching Session**

Many parents find it helpful to receive ongoing support with a regiment I have designed for their child. Though this is not a requirement, I highly encourage ongoing support for best results (getting further in a shorter period of time). For this meeting, all that is required is that you send me the most up-to-date list of supplements your child is receiving. In these sessions, we discuss your child's response to the current or most recent interventions you introduced and the appropriate next steps to take. Sometimes, this involves shuffling the order of the interventions listed in their report. Approximately 15-30 minutes are spent in consult. There is no deposit required for this service – final cost is determined by how much time is spent working on your child's case.

- **30/60/90-Minute Lab Consults**

These services are offered as ala carte consultations for any client who does not have an active coaching package. 30, 60, or 90 minutes are spent in consult. No case review or written summary are included.

- **OAT Report**

This special report is prepared based on your OAT results in the context of B12 Protocol guidelines. If you are interested in discussing the recommendations given in the report, please schedule a Lab Consult separately. This can be done after you have received the OAT Report.

Scheduling:

Now that you understand what my different services entail, you may select an available time and date from the scheduler. After I have manually accepted your appointment, you will receive a confirmation email with a link to the session and any required paperwork that must be submitted to me prior to our meeting.

Note that intake consultations typically take the full 90 minutes (and often run over) while follow up consultations typically last 60-90 minutes depending on how much discussion is required. I respect your time and money, so I make a focused attempt to stay on-topic. I also respect a parent's need to discuss what has been on their mind, so I will allow you to dictate the duration of the consult (with regard for my upcoming client appointments).

My Process and Approach:

Now that I have described the prerequisites for scheduling with me, read on to get a better idea of what my process entails.

As a health coach, I work primarily with parents of children on the autism spectrum (and also their non-affected siblings and caretakers). It is not required that your child has an autism diagnosis to work with me. In fact, with many behavior disorders and/or mental health disorders, the lab workup is more informative than a formal diagnosis. We will devise a nutrient regiment targeted at improving the irregular biochemistry found on the labs and indicated in your child's symptom profile. I am currently taking new clients, so if interested, please continue reading.

My approach is to get some history, assess your child's current capabilities and symptoms, and review/recommend lab testing for the purpose of identifying where their biochemistry is irregular. The nutrient and lifestyle recommendations I provide are shown, with varying degrees of evidence, to greatly improve a large number of lab testing parameters that are associated with autism and related disorders. More importantly, these recommendations are aimed at correcting abnormal behaviors and symptoms that prevent your child from being presented with the greatest opportunities life has to offer them.

Following our consult, I get to work on a Report that details my findings, explains what I believe would be the most consequential nutritional and lifestyle factors, and includes a nutrient regiment that your child's personal physician can approve of. In addition to said report, I answer any questions you have for a full month to make sure you have no issues implementing my suggestions. At that point, we can explore whether an ongoing coach-client relationship would be helpful for your child.

As a health coach, my goal is to lead clients to a path that brings healing, while also providing education. Recovery is the ultimate goal I have for every child that seeks out my services, but how we get there, and the degree to which we get there, will differ in every situation. My time is well spent if the parent feels like they have gained some measure of control in their child's healing. As a parent myself, I know that you are your child's best healer and my job is to empower you in that role.

Testimonials:

If there is anything I have not explained to your liking, please reach out. I included some testimonials below, with permission from the clients.

"Chris is great to work with and is such an exceptional health coach expert. He offers extensive in-depth report analysis on rebalancing the body for general health struggles and also for ADHD and ASD. His most helpful suggestion was for me was to add Methyl B12 instead of Hydroxy B12(14 years) and that certainly has been a game-changer for my mental and physical health so far over the past few weeks. His dietary and other supplemental suggestions are working well too even though I have a ways to go for my IBS and SIBO. He really cares about his clients and is exceptionally helpful. Thank you, Chris!"

Sue T"

"Hello

My name is Tina and I am a single mum to a bright, funny, loving 9 year old non verbal daughter who is on the spectrum T was diagnosed at age 5 however she regressed at 18 months losing the few words she had and a whole host of other skills, since then I have been looking for ways to help her. We made some gains but between looking after her, the lack of sleep and trying to navigate the minefield of autism I was lost Sometimes I felt I was doing more harm than good as in all honesty the complexities of her condition overwhelmed me ... Trying to read and understand the tests results was daunting enough..... Then Chris came into our lives and some of that burden was lifted, having someone who understands what it is to be a parent of a child on the spectrum in itself was a godsend however the advice he has been able to give me has been invaluable. After just a few months of his help I was called "Mama" for the first time and it has stayed , we have also had a few more words too, T is engaging so much more at school and beginning to show them her capabilities and is also using her talker much more. This was the first birthday she played with her toys and blew out her own candle, for the first time in a long time I have hope for her future. One

huge area that has improved is her sleep, she is now sleeping 10-11 hours a night and sleeps in at the weekends, now I never thought that would ever happen, getting the extra sleep has been great for us both ...Chris always responds to my questions and is also very patient when I need it explaining more than once, I have learnt a lot myself working with him. We still have a long way to go but with Chris' help I am sure we can achieve much more

*Yours truly
Tina J"*

"I approached Chris for a consultation following him being recommended by a friend. My daughter is currently 21 months old and has been struggling with severe pain, gut and growth issues since a few months old. She is breastfed and is on a fairly limited diet due to food reactions and apparent intolerances. We have tested, treated and implemented many things to attempt to strengthen her, address deficiencies and to support her body where it may be lacking in order to address the root causes of her symptoms, bring things back into balance and enable her to tolerate more, function optimally and grow appropriately. We have consulted MANY professionals along the way (and remain under several for ongoing support and interventions), a lot of avenues coming to a dead end or providing irrelevant and unrealistic proposed solutions. Chris has been a breath of fresh air after feeling let down, confused and flat out misled by some people we have consulted or worked with. He has shown genuine interest and compassion and demonstrated solid evidence based, scientific and most importantly relevant knowledge and suggestions in ways to support our daughter that are appropriate and manageable.

Chris's understanding and empathy shines through, he takes the time to check in and clarify our understanding- I believe he's one of the only people to email me first to see how things are going, rather than me feeling I am harassing him with questions and queries following a virtual consultation.

We have felt confident in implementing his suggestions as queries are encouraged and responded to promptly. Although our daughter's issues are complex and we are not Chris's typical clientele, he has a clear and good understanding of a lot of her presentation, test results we send over and how to interpret them and how we can support her and improve functioning of areas in her system that are struggling. Some of the things we are currently treating/correcting are complex and ever changing and as parents it's easy to be overwhelmed by this and tough to remain objective, Chris has been helpful here and taken a bit of the weight off by simplifying and digesting the science and reading and giving me the relevant information to our situation in bite sized portions. We are also on the verge of starting some potentially life changing but daunting treatment for our daughter and I feel confident Chris will help us work through any disruptions this may cause to our current regimen. We are yet to see much 'big' progress beyond the small changes we have already started to witness, but I finally feel confident we will following these glimmers of hope and so grateful to have someone to support us appropriately.

-Veronica H"

