

## Gooden Healthy Nutrition – Terms & Conditions

### About

- Gooden Healthy Nutrition (GHN) is a limited liability corporation (LLC) founded by Kathleen Gooden
- GHN specializing in functional nutrition counseling and genetics test interpretation. Kathleen has a Master of Science degree in clinical nutrition and integrative health from the Maryland University of Integrative Health. As a second-career functional nutritionist, she leverages 25 years of problem-solving, excellent communication skills and outstanding interpersonal skills to provide impactful nutrition and lifestyle coaching for her clients.
- Kathleen is a member of the American Nutrition Association. She is certified with Opus23 Explorer™ software, used for the analysis of genetics data, enabling her to interpret results from various genetic makers and formulating nutritional and lifestyle recommendations.

### Functional Nutrition

- Functional nutrition is an approach that looks at every aspect of a person's health (diet, lifestyle, environment, and genetics) to identify and address nutritional problems such as nutritional insufficiencies, deficiencies, and possible overuse of certain nutritional components.

### Genetic Test Interpretation

- GHN provides genetic test interpretation and an individualized genetics report based on your personal DNA data obtained from 23andme or AncestryDNA. There is nothing more powerful than having the knowledge of your genetic footprint to help you take control your health. Your genes can tell you how well you metabolize and utilize certain nutrients, what foods are good for you, and your risk of developing various diseases and conditions. With the genetics report and recommendations that you receive, you will be able to integrate this information into your care plan with your healthcare provider. The ability to determine your individualized nutrition needs is exactly what you need to motivate you towards healthy eating for life.
- Understand that the results and interpretation of this genetic test is informative of relative risk, and cannot be used for clinical diagnostics, disease prevention or to identify a clinical condition.
- Gooden Healthy Nutrition, LLC will not share any genetic information with third parties for commercial use. Additionally, unless required by law, we will never release your genetic information to anyone without your obtaining your explicit consent.

### Health Guide

- The information and ideas provided in this GHN guide is for general education purposes only and it is not intended to replace the medical advice from a qualified and licensed health care professional. You should not change any current treatment plans, medications, nor add any new therapies without personally consulting a qualified and licensed health care professional. GHN personnel disclaim any liability arising directly or indirectly from inappropriate use of information contained in this guide or any changes to an individual's personal health care.

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### Supplements

- GHN recommends wellevate<sup>SM</sup> high quality supplement products to all GHN clients that require supplemental assistance with their daily diet. wellevate<sup>SM</sup> is focused on delivering brands, resources and services to help GHN provide the best possible care for you.
- The wellevate<sup>SM</sup> virtual dispensary is an easy-to-use tool that helps GHN recommend the highest quality products to their patients, via simplified ordering. wellevate<sup>SM</sup> knows that privacy and security are vital for patient communications, so every transaction is safe and secure as wellevate<sup>SM</sup> is HIPAA and PCI compliant.
- **DISCLOSURE:** Bear in mind that the wellevate<sup>SM</sup> link on the GHN webpage is an affiliate link and if you go through the link to make a purchase, GHN will earn a commission.

### Pricing

- **3-Month Program - \$265**
  - 3-months of nutrition consultation
  - Monthly individual consultation (60-90 minutes) with online/remote support
  - Weekly follow-up and progress reviews
  - Unlimited access to nutrition counselor via text/email
  - One-time payment of \$265
- **3-Month Program Installment Plan - \$95/month**
  - 3-months of nutrition consultation
  - Monthly individual consultation (60-90 minutes) with online/remote support
  - Weekly follow-up and progress reviews
  - Unlimited access to nutrition counselor via text/email
  - Valid client credit card must be on file at GHN. GHN services will be billed at \$95 for three contiguous months.
- **Month-to-Month**
  - Monthly individual consultation (60-90 minutes) with online/remote support
  - Weekly follow-up and progress reviews
  - Unlimited access to nutrition counselor via text/email
  - One-time payment of \$100