

Michael C. Frost, ND, Phd., LMT, APP

Alternative Strategies In Healing

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**The Alternative Medicine Practitioner**

1. **Michael C. Frost, N.D., Ph.D., L.M.T., APP**, is an Alternative Medicine Practitioner, a Consultant of Natural Health and a teacher of Wellness Skills. As a part of this practice he teaches Bio-energetic and Breath Therapy Exercises.  
He is neither a medical doctor nor a psychologist. Diagnosis or treatment for any disease or health condition is beyond the scope of an Alternative Medicine Practitioner.
2. Dr. Frost teaches clients how to build their own health through training in the effective use of life-style modification, pollution avoidance, clean air, pure water, proper foods, rest, exercise, relaxation, goal orientation, positive mental attitudes, stress and pain reduction techniques and adjustments both physical and spiritual or social and economic factors affecting over-all health.
3. Some services may or may not include examination of saliva, hair samples, and usual dietary practices, for energy/stamina evaluations. Any evaluation test is not medical in nature and such tests are not procedures used for diagnosis or treatment of any health condition or disease, but for educational purposes only.
4. The use of exercises, finger pressure, thumb pressure, massage, or movements demonstrated on the body of the client are examples which can be performed by the client in the privacy of their own home.
5. Recommendations, suggestions, and references to meals, menus, or nutritional supplements are for body-building, increased stamina and energy, and general health maintenance.
6. I understand that Dr. Frost is dedicated to educating clients/students to help themselves to better health with emphasis on education and self-care. The body-mind-spirit philosophy of wellness is not universally accepted nor recognized and individuals must shoulder responsibilities for their own health.
7. I am here as a client, on this subsequent visit, solely on **my own behalf** and not as an agent for federal, state, or local agencies on a mission of entrapment or for investigative purposes.
8. I understand that the above named practitioner teaches clients how to build their own health through training in the effective use of life-style modification, pollution avoidance, clean air, pure water, proper foods, rest, exercise, relaxation, goal orientation, positive mental attitudes, stress and pain reduction techniques and adjustments both physical and spiritual or social and economic factors affecting over-all health.
9. In response to the above information,  
I \_\_\_\_\_ agree, that I will always seek medical advice for medical treatment. I clearly understand that "diagnosis" or treatment of any kind for any "disease" is outside the scope and practice of Michael Frost. I also clearly understand that all of the teachings and methods administered by Michael Frost are for the sole purpose of assisting me to learn how to **Build My Own Health**.

Signature \_\_\_\_\_ Date \_\_\_\_\_