



Fundamental 3



**SCOPE OF PRACTICE**

# AN INTEGRATIVE NUTRITION HEALTH COACH'S SCOPE OF PRACTICE

There's so much you can do as an Integrative Nutrition Health Coach. It's important to focus on ways you can empower clients while avoiding risk.

Use the guide on the following pages to support you through your practice.



**GO FOR IT!**



**AVOID IT!**

## CONDITIONS

**Do work with people who are generally healthy with mild health concerns such as:**

- Headache
- Fatigue
- Sugar cravings

**Don't say that you can cure disease or work with people with complex, advanced diseases such as:**

- Cancer
- Kidney failure

**GO FOR IT!****AVOID IT!**

## AGE

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Do work with adults. Get written authorization from a legal guardian to work with children.

Don't work with minors without written authorization from a legal guardian.

## MEDICAL

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### **Do suggest clients:**

- Ask their medical doctor about alternatives to medication
- Get a second doctor's opinion if they're unsure

Don't suggest clients stop or change prescription medications or discontinue visits with their doctor.

## DIET

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Do suggest ways to "crowd out" caffeine, sugar, alcohol, tobacco, processed food, and dairy (if applicable).

Don't exclude major food groups or recommend extreme detox programs.

**GO FOR IT!****AVOID IT!**

## SUPPLEMENTS

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### Do recommend:

- Superfoods
- Multivitamins
- Mineral supplements under a doctor's supervision

Don't prescribe a regimen. Controversial supplements or high doses should be experimented with only under supervision of a medical doctor.

## EXERCISE

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Do encourage clients to begin gentle, low-risk exercise changes such as walking.

Don't encourage vigorous exercise without consulting their physician.

## RELATIONSHIPS

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Do give people time to talk about their important relationships. Promote participation in social events to meet new people.

Don't promote divorce or conflict with friends and family.

**GO FOR IT!****AVOID IT!**

## CAREER

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Do recommend that clients explore new hobbies and interests.

Don't recommend that clients quit their jobs.

## SPIRITUALITY

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Do advise clients to engage in self-reflection and experience nature.

Don't advise clients to change their religious affiliations.

## LIABILITY

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Do get liability insurance and contact IIN if any issues arise.

Use the IIN Program Agreement (provided later in the curriculum) when working with clients.

Don't call yourself a registered dietitian or nutritionist.