



Dr. Christine Sauer
www.docchristine.com
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phone: 902-222-2742

What We Do and What We Don't Do (and some legal terms)

What we do:

Dr. Christine Sauer and DocChristine's certified health coaches work with you on helping you (and your other health care team members, if desired) to find root causes and improve or heal (if possible) your chronic health conditions. You always stay in control and have the last say. We guide, educate and consult with you and offer opinions and recommendations that are the result of our long-term experience and knowledge and current science.

We will help you manage your health, healthcare and healthcare team as well give instructional, content, dietary or supplement recommendations that have proven useful in past clients or are evidence-based.

We sort through the infinite noise of conflicting information "out there" and help you decide what to apply to your life. Our services are offered online or in-person.

What We Don't Do:

We Don't Tell You what to do. We suggest and recommend. You are responsible for your body, mind and spirit and your success will be through your application of our recommendations.

We Don't Heal you or any diseases, however we help you to heal yourself by guiding you to a place where healing can and will take place as well as recommend and help you connect with the resources you need to heal.

We Don't promise you miracle cures. These don't exist. We believe that miracles can happen, but they usually require a lot of work! However, we at DocChristine do believe that permanent recovery is possible for many diseases and will help you get there.



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FAQ:

Q: "Why do you say "Dr." Christine - although you are not licensed as an MD or ND in North America?"

A: Dr. Christine is a "real" medical and naturopathic doctor. She worked as such for years in Germany and is still licensed there. Although the title "Dr" is gained in the US just by graduating medical school (and adding an MD or ND behind the name), this is not the case in Germany. To be able to use the title "Dr." or "Dr. med" you have to complete a dissertation and an exam, similar to what's required for a PhD in North America. Since she has done this, she is able to use this title worldwide. If you'd rather call her Christine, she'll be happy to listen to you! Most of her friends and clients call her Christine or "Doc".

Q: Does Dr. Christine perform blood testing or do laboratory testing?

A: Not in North America. She does order or recommend certain blood and lab tests and interprets the results. She does not perform any invasive medical tests or procedures. She will help you access the tests to do yourself, if desired, and guide you to understand them as well as give recommendations based on the results.

Q: Does Dr. Christine do physical exams?

A: Although she is qualified to do so (and can do so with your consent) usually she will rely on your description of your symptoms and, if applicable, evaluate test results of other practitioners, whether naturopaths, medical doctors or other practitioners. She will (with your



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consent) talk to your other health care team, collaborate with them and help you understand and ask for tests in an appropriate fashion.

Q: Does Dr. Christine work with my current providers? What about conventional providers?

A: Absolutely. Her specialty is managing your healthcare team together with you and crafting specialized comprehensive step-by-step plans to help you save time and money by trying to do it yourself. As a conventional as well as an alternative practitioner herself she understands both worlds and can help to combine the best information from all sides. For you to consider and choose.

Q: Will Dr Christine get me off all my medications?

Dr Christine strives to help people to make a full recovery (if possible) by taking the least amount of pharmaceutical medications necessary to do so. She appreciates the science and effectiveness of conventional medicine in many areas, but also is very aware of potential side effects and risks. She does not take clients off of their medications, but works with your conventional provider and yourself to make them unnecessary. If this is not possible, she works with you to reduce or eliminate the dosage and side effects and maximize her client's quality of life.

Thank you so much for visiting DocChristine (Dr. Christine Sauer).

Contact: support@DocChristine.com



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Some Legal Notes:

Dr. Christine Sauer and DocChristine's certified health coaches are not licensed to practice medicine and will not be diagnosing or treating your diseases. We will encourage you to always work with a licensed health care provider to diagnose and treat your illnesses. We will never profess that we can cure any diseases, including Cancer, Dementia, ALS, ADHD and others. This website and all content on it including online courses include information and instruction relating to nutrition and wellness topics. By using this website and content therein you acknowledge and agree that the following warnings and disclaimers shall apply to all content on this site and provided by interacting with this site. Programs and opinions offered are educational in purpose, are suggestions for you to decide about and are not intended as medical or health advice.

It is recommended that you consult with a licensed health professional before changing your diet or starting an exercise program, especially if you have preexisting medical conditions.

The role of health coach and nutrition consultant is not to provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help you reach your own health and life goals by helping you devise and implement positive, sustainable lifestyle changes. The coach is not acting in the capacity of a doctor, licensed dietitian/nutritionist, psychologist or other licensed or registered professional. If you are under the care of a licensed health care professional or currently use prescription medications, you should discuss any lifestyle changes, dietary changes or supplement usage with your doctor, and should not discontinue any prescription medications without first consulting your doctor.