

## SUPPORT GROUP GUIDELINES

Thank you for leading a Karen R. Hurd nutritional support group! While your support group can take many different forms, there are some general guidelines we ask all support groups to follow.

1. Never offer specific health advice. It is certain you will receive health questions as you lead your group. Give general answers only. One reason for this is that it protects the person asking. If, for example, you recommend everyone eat legumes, you would actually be harming a person with acute gastro-intestinal symptoms. There is often a certain order health conditions must be addressed, and such directions should be left to our office. Giving general advice not only protects the questioner, but also shields you and Karen R. Hurd Nutritional Practice from possible malignment.
2. Always refer a person's questions back to Karen R. Hurd Nutritional Practice. A good answer is, "I think, but check with Karen." Again, for the health safety reasons listed above.
3. At all times, the purpose of the group is to encourage, uplift, and support its members in healthy living, according to the Karen R. Hurd Nutritional Practice model. Other health models, though often exemplary, should not be utilized.
4. Make sure your group members realize that any and all comments from the support group and its leader are provided for informational, educational, and support purposes only. The information offered should not be regarded as a guaranteed cure or a statement that the recommendations can assuredly reverse a health condition.
5. Never seek to convince a support group member to reduce or discontinue any medications. They must first contact Karen R. Hurd Nutritional Practice and their physician regarding their symptoms and medical condition.

If you have any questions as you implement your support group, we at Karen R. Hurd Nutritional Practice are here to support you. Please refer any and all health questions to our office, and enjoy banding together with other like-minded people as you seek to encourage healthy living!