



9 Week Rogue Keto Class Registration

Please take a moment to read and sign this registration form in order to take the first step on the way to reaching your health/weight goals.

Name, First: _____ Last: _____ Age: _____
Phone Number: _____ Email: _____
Address: _____ City: _____ State: _____ ZIP: _____

Your level of knowledge of the ketogenic diet (circle one): None Little Moderate High

Current weight: _____ Weight one year ago: _____ Height: _____ ft _____ inches

What are your top three expectations/goals for the Rogue Keto Class?

- 1.
- 2.
- 3.

What is your level of commitment to adhering to a change in diet for 9 weeks that includes large volumes of organic vegetables, high quality fats, minimal processed foods and no added sugars? (circle one): **25% 50% 60% 70% 80% 90% 100%**

What obstacles may stand in your way? _____

Do you have any serious medical conditions? If so, please list: _____

A ketogenic diet may may not be appropriate for everyone and may be challenging for some people to properly implement/follow which is why those with the following conditions should work with their doctor if they choose to follow a ketogenic diet: Hypertension treated with medication, diabetes treated with medication, adrenal insufficiency/hypothyroidism, impaired liver function, lack of a gallbladder, gallstones, gastric bypass surgery, chronic constipation, history of pancreatitis, other GI problems, kidney disease/kidney stones, poor nutritional status, cancer, or any other severe health condition that warrants regular care/monitoring. Those who engage in highly demanding activities that require periods of anaerobic activity (versus aerobic activity) would do well with professional guidance until they get used to a ketogenic diet.

A ketogenic diet is absolutely contraindicated for anyone with rare genetic defects that impair their ability to utilize fats for energy. These diseases are serious and are generally diagnosed early in life. It is also contraindicated for anyone who is pregnant, trying to conceive or is breastfeeding, as well as for non-epileptic children and individuals with porphyria.

Potential side effects of a ketogenic diet are possible and generally occur in the first few days to weeks but may last for longer in some cases. These side effects may include but are not necessarily limited to: constipation, diarrhea, other digestive complaints, fatigue, mental slowness/brain fog, headaches, nausea, sleep issues and strong smelling urine and/or breath. With the proper guidance, many of these effects can be greatly diminished or may not be experienced at all.

During the 9 week class, two 15-minute phone support sessions with Rogue Natural Medicine will be provided, if needed, at no additional cost. Phone support beyond the first two sessions is available (if needed) at the rate of \$50 per 15 minute block of time.

Rogue Natural Medicine and Dr. Curtis Kunkel make no warranties or promises in regards to services provided or outcomes achieved. Everyone's situation and level of commitment is unique and will dictate their level of success. Though Dr. Kunkel is a doctor, he will not be operating under the faculties of a doctor to those taking the class (except for those who are his patients). For this reason it is important to work with your current doctor if you choose to enroll in this class, especially if you have a serious condition or are taking anti-diabetic drugs or blood pressure lowering drugs. You understand that you are fully responsible for your decisions to proceed with the implementation of a ketogenic diet and that you agree to keep your doctor informed throughout the process. You also understand that you are proceeding at your own risk and you will not hold Dr. Kunkel or Rogue Natural Medicine responsible for any negative outcomes that may result in any way from taking this class or using information gathered in connection with the class.

By signing below, you state that you understand and agree to the terms in this registration form.

Signature: _____ Date: _____

Please return this form to Rogue Natural Medicine with the full class **payment made out to Curtis Kunkel, ND** prior to the start of the class. If paying by credit card, please call Kathy (541-727-1893) with payment information. The registration form can be emailed to kathy@RogueNaturalMedicine.com, faxed to us at 541-727-6001, or mailed to us at 6318 SE 87th Ave, Portland OR, 97266.

Rogue Natural Medicine looks forward to helping you achieve your health goals!

Go Natural... Go Rogue!