

Scope of Care Policy

Effective Date: August 13, 2026

This policy describes the professional boundaries of nutrition services provided by Wild Roses Nutrition LLC.

Professional Services

Wild Roses Nutrition provides nutrition assessment, education, counseling, meal-planning support, behavior-change support, and health and wellness nutrition services within the scope of Alabama dietetics and nutrition licensure. Services may be provided in person or through telehealth when legally appropriate.

Alabama Scope and Referrals

Alabama law permits licensed dietitians/nutritionists to provide nutrition counseling on health and wellness as independent agents. When nutrition advice and counseling are provided as adjunct medical therapy, Wild Roses Nutrition will obtain or work under an appropriate referral or directive from a licensed physician as required by Alabama law.

Diagnosis, Treatment, and Prescribing

Wild Roses Nutrition does not practice medicine. Nutrition services do not independently diagnose, treat, or prescribe for human illness, injury, disease, impairment, or infirmity, and do not replace evaluation or treatment by a physician or other qualified health care professional.

Collaboration and Referral

Client care may include collaboration with, or referral to, physicians, mental-health professionals, pharmacists, speech-language pathologists, physical or occupational therapists, fitness professionals, or other qualified providers when a concern falls outside the dietitian's scope, requires medical evaluation, or would benefit from coordinated care.

Trauma-Informed Principles

Nutrition counseling may be guided by trauma-informed principles such as safety, transparency, collaboration, respect, and client choice. These principles shape how nutrition care is delivered; they do not constitute psychotherapy, trauma treatment, or mental-health counseling.

Individualized Recommendations

Recommendations are based on the information available at the time of service and are individualized to the client's nutrition needs, goals, preferences, and circumstances. Results vary, and no specific medical, weight, or wellness outcome is guaranteed.

Urgent Care and Questions

Wild Roses Nutrition is not an emergency service. Clients experiencing an urgent medical or mental-health emergency should seek immediate evaluation through appropriate emergency services or an emergency department. Questions about this policy may be directed to 256-303-2831 or katieb@wildrosesnutrition.com.