

Welcome to Upstream Wellness Coaching LLC

Our Disclaimer

Educational and Informational Purposes Only

The information provided on Upstream Wellness Coaching is for educational and informational purposes only and is not intended to be a substitute for professional medical advice. Please seek the advice of a qualified health care professional in the event something you read on our website or encounter as a user of Upstream Wellness Coaching LLC products and services raises questions or concerns regarding your individual health.

Not Holding Self Out

Rachel Jones in no way acts in the capacity of licensed medical professionals including, but not limited to, Registered Dietitian, Clinical Nutritionist, Mental Health Therapist, Naturopathic Doctor or Physician.

As a registered nurse and certified health coach Rachel acts as a client advocate, educator and mentor. She does not at any time diagnose disorders or prescribe treatments.

Rachel reserves the right to determine which cases fall outside her scope of practice, in which event an appropriate referral will be recommended.

All clients are expected to have a current licensed health care provider on their health care team.

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