

YOUR INNER KITCHEN



Self Discovery Through Great Food

Release of Liability

I, _____ ,
understand that information provided by Sara
Solomon, Your Inner Kitchen, LLC, is not
meant to replace directives given by my medical
doctor and/or other members of my healthcare
team. I agree to consult with my medical
provider before starting any diet, exercise, or
wellness program.

First Name

Last Name

Signature

Today's Date