

## Consent for Treatment

**General Information:** Insight Natural Medicine integrates a number of treatment modalities and due to this diversity, your treatment may include any or all of the following general modalities: Acupuncture and Oriental Medicine, Naturopathic Medicine, Martial Arts Instruction, and Physical Medicine.

### **Methods, Procedures and Therapeutic Approaches:**

- *General Diagnostic Procedures:* including but not limited to venipuncture, general physical exams, blood and urine lab work, neurological and musculoskeletal assessments
- *Psychological Counseling; Lifestyle Counseling; Exercise Prescriptions*
- *Acupuncture:* insertion of special sterile needles at specific points in the body
- *Topical Treatments and Prepping*
- *Cupping:* a technique using glass cups on the surface of the skin with a heat-created vacuum
- *Gua Sha:* rubbing on an area of the body with a blunt, round instrument
- *Herbs/Natural Medicines:* prescribing of various therapeutic substances including plants, minerals, and animal materials. Substances may be given in the form of teas, pills, powders, tinctures and may contain alcohol; topical creams, pastes, plasters, and washes; suppositories or other forms. Homeopathic remedies, often highly dilute quantities of naturally occurring substance, may also be used.
- *Dietary Advice and Therapeutic Nutrition:* use of foods, diet plans or nutritional supplements for treatment – may include intramuscular vitamin injections.
- *Soft Tissue and Osseous Manipulation:* use of massage, neuromuscular techniques, muscle energy stretching or visceral manipulation, as well as manipulation of the extremities and spine including traction and craniosacral therapy.
- *Electromagnetic and Thermal Therapies:* includes low and high volt electrical muscle stimulation, transcutaneous electrical stimulation, microcurrent stimulation, hydrotherapies, infrared therapies or moxa – warming or indirect burning of *Artemisia* herb at an acupuncture point

**Potential Risks:** Pain, discomfort, blistering, discolorations, infection, burns, loss of consciousness or deep tissue injury from needle insertions, topical procedures, heat or frictional therapies, electromagnetic and hydrotherapies; allergic reactions to prescribed herbs or supplements; soft tissue or bone injury from physical manipulations; and aggravation of pre-existing symptoms.

**Potential Benefits:** restoration of health and the body's maximal functional capacity, relief of pain and symptoms of disease recovery, and prevention of disease or its progression.

**Notice to Pregnant Women:** All female patients must alert the doctor if they know or suspect that they are pregnant, since some of the therapies used could present a risk to the pregnancy. We do not use labor-stimulating acupuncture points or any labor-inducing substances unless the treatment is specifically for the induction of labor. A treatment intended to induce labor requires a letter from a primary care provider authorizing or recommending such a treatment.

I understand that I may ask questions regarding my treatment before signing this form and that I am free to withdraw my consent and to discontinue participation in these procedures at any time. With this knowledge, I voluntarily consent to the above procedures, realizing that no guarantees have been given to me by Insight Natural Medicine or any of its personnel regarding cure or improvement of my condition. I understand that a record will be kept of the health services provided to me. This record will be kept confidential and will not be released to others unless so directed by my representative or me or otherwise permitted or required by law.

**I hereby acknowledge that I am financially responsible for services rendered.**

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Patient's Name (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent/Guardian Name (please print)

\_\_\_\_\_  
Signature