

INFORMED CONSENT FOR NATUROPATHIC TREATMENT

Naturopathic medicine is the treatment and prevention of diseases by natural means. Naturopaths assess the whole person, taking into consideration physical, mental, emotional and spiritual aspects of the individual. Gentle, non-invasive techniques are generally used in order to stimulate the body's inherent healing capacity.

A number of the following approaches may be used throughout the course of treatment.

Individual diets and nutritional supplements are recommended to address deficiencies, treat disease processes, and promote health. The benefits may include increased energy, increased gastrointestinal function, improved immunity and general well being.

Botanical medicine is a plant based medicine that involves the use of herbal teas, tinctures, capsules, and other forms of herbal preparations to assist in recovery from injury and/or disease.

Homeopathy is a form of medicine based on the Law of Similars – that is, the use of a tiny dose of the very substance which causes adverse symptoms in health people. These minute doses of plant, animal, or mineral origins are used to stimulate the body's ability to heal itself. Homeopathy is a powerful tool that affects healing on a physical and emotional level.

Asian medicine includes the use of acupuncture, Eastern herbs, and dietary changes to eliminate disease and balance body functions. Acupuncture refers to the insertion of sterilized disposable needles through the skin into underlying tissues at specific points on the body. Eastern herbs may be given in the form of pills, tinctures, or decoctions (strong teas) to be taken internally or used externally as a wash. Dietary advice is based on traditional Chinese medical theory.

Physical medicine refers to the use of hands-on techniques such as soft tissue and spinal manipulation, as well as various types of electrical stimulation and therapeutic ultrasound for the purpose of treating musculoskeletal and neurological problems.

Hydrotherapy refers to the use of hot and cold water applications to improve circulation and stimulate the immune system

Lifestyle counseling involves identifying risk factors and making recommendations to help optimize one's physical, mental, and emotional environment.

The first visit with the ND is an information gathering session focused on understanding the patient physically, mentally, and spiritually to obtain the course of treatment best suited to the patient and their current complaints. During your initial visits, Dr. Natasha Zajmalowski ND will take a thorough case history, do a case orientated physical examination, and may take a urine sample.

It is important to understand that even the gentlest of therapies may cause complications in certain physiologic conditions (e.g., pregnancy, lactation, very young children, elderly adults, or those taking multiple medications). Some therapies must be used with caution in certain diseases such as diabetes, heart, liver, or kidney disease. If it is very important, therefore, that you inform the ND immediately of any disease process from which you are suffering, if you are on any prescription medication or OTC drugs, if you are pregnant, suspect you are pregnant, or breast feeding.

Dr. Natasha Zajmalowski ND: Proactive Health Care

There are some slight health risks to treatment by naturopathic medicine. These include but are not limited to: Allergic reactions to supplements or herbs
Pain, bruising or injury from venipuncture or acupuncture
Fainting or puncturing of an organ with acupuncture needles

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 without my expressed written consent or if required by law. I understand that I may look at my medical record at anytime and may request a copy. I understand that information from my medical record may be analyzed for research purposes and that my identity will be protected and kept confidential.

I understand that the ND will answer my questions to the best of his/her ability. I understand that the results are not guaranteed. I do not expect the ND to be able to anticipate and explain all risks and complications. I will rely on the ND to exercise the appropriate judgment relating to my best interests, based on the facts and findings then known. With this knowledge, I voluntarily consent to diagnostic and therapeutic procedures mentioned above, except for (please list any exceptions):

I understand that charges are to be paid at the time of the visit unless specific arrangements were made prior to my scheduled appointment. Payment for all dispensary items is due at the time of receipt.

1st visit (approx. 1 hr): \$140 + GST
1st visit (child <16): \$90 + GST
1st visit (senior 65 & up): \$125.00 + GST
Subsequent visits: (approx. 30 minutes): \$60 + GST
Subsequent visits (child <16): \$45 + GST
Missed appointments without 24 hour notification: \$25
Phone consults longer than 15 minutes: \$30
Lab tests: Prices vary

I intend this consent form to cover the entire course of treatment for my present condition. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

Patient Name: (Please Print) _____

Signature of Patient or Guardian: _____

Date: _____