



Consent to Chinese Medicine Treatment

Classical Chinese Medicine is a traditional system of health care that includes but is not limited to herbal supplements, dietary and lifestyle advice. As with any health care treatment, it is important that you read and understand any potential risks that may be associated with Chinese medicine so that you may properly consider the risks and benefits that may apply to you. Most commonly, these are a temporary reaction that the body goes through while eliminating toxins and finding balance, but sometimes they are a negative side effect that should be addressed. Despite being considered an effective and safe system, in some cases patients could experience rare and/or mild side effects. These may include, but are not limited to: changes in bowels movements, stomach ache, possible aggravation of preexisting symptoms, nausea, vomiting, dizziness, rashes, hives, tingling of the tongue or headaches. Chinese herbal medicine practiced by a licensed practitioner, is generally considered a safe modality, but for this to be the case the patient must diligently inform their practitioner of all relevant health information. It is possible to experience side effects and possible interactions between herbal supplements and conventional medications. It is important that you discuss with your practitioner your medical history, current medications, supplements, vitamins, herbs, minerals and any other non-food health related product that you are currently using. It is important that you update your practitioner immediately if this list changes. It is also important to notify Hayley Gardner LAc immediately if you experience any uncomfortable symptoms that may be considered side effects once treatment has begun.

I understand that the substances used in Estuary Herbs products are based on the traditional system of Chinese Medicine, and have a millennia-strong historical and anecdotal basis for use, as prescribed today. I understand that Hayley Gardner LAc is a licensed practitioner of Chinese Medicine and adheres to the traditional teachings of this system, and that all advice and products given fall strictly within her scope of practice. I understand that I am not required to take these substances, but if I choose to do so I must follow the directions for administration and dosage as given to me by Hayley Gardner LAc. Estuary Herbs Co and its employees are in no way responsible for my failure to adhere to instructions.

I understand that efficacy of treatment and advice given is dependent on my compliance and honest and full disclosure in response to all questions asked during my Chinese medicine consultation.

Certain Chinese herbal formulas and modalities within the scope of Chinese medicine may have an effect on pregnancy. I agree to inform Hayley Gardner LAc immediately if I become pregnant or suspect possible pregnancy.

I understand that some herbs used in Chinese medicine can be considered toxic in inappropriate or large doses, and I must adhere strictly to the dose recommendation given to me by my practitioner. I do not expect Hayley Gardner LAc or Estuary Herbs Co to be able to anticipate and explain all possible risks and complications of treatment, and I wish to rely on her to exercise professional, informed judgement during the course of treatment to make decisions that are in my best interest, based upon the facts then known.

I understand that any diagnosis given within the context of Chinese medicine treatment does not constitute a Western or Conventional medical diagnosis. Any advice given during the course of my practitioner/patient relationship with Hayley Gardner LAc is not intended to replace the advice of my primary care physician and is intended for educational purposes only. It is my responsibility to seek medical care with a licensed medical doctor for any medical conditions, and in no way is Hayley Gardner LAc or Estuary Herbs to be held responsible should I neglect to do so.

I understand and explicitly consent to the relevant staff of Estuary Herbs Co to review my medical records but that all records will be kept confidential in accordance with HIPPA privacy laws and will not be released without my written consent.

By voluntarily submitting this form, I show that I have read and understood its contents and consent to treatment. I have been told about the risks and benefits of Chinese medicine and have been given the opportunity to ask questions. I further understand, as with any medical treatment, that there are no guarantees made as to the results of the treatment. This consent form shall cover the entire course of the practitioner/patient relationship I retain with Hayley Gardner LAc and Estuary Herbs Co.