

Informed Consent for Naturopathic Treatment

Naturopathic Medicine is the treatment and prevention of diseases through natural processes and sources. Naturopathic Doctors (N.D.'s) assess the whole person, taking into consideration physical, mental, emotional, and spiritual aspects of the individual.

Naturopathic Doctors use a variety of therapeutic approaches, either alone, or in combination. Treatments typically include the use of nutritional and lifestyle counseling, nutritional supplementation, Asian medicine and acupuncture, botanical medicine, homeopathy, and physical medicine.

Botanical medicine is the use of herbal teas, tinctures, capsules, and other forms of herbal preparations to assist in the recovery from injury and disease. These compounds are also used to boost the body's immune system and prevent disease.

Homeopathy is a form of medicine based on the law of similar – that is the use of very minute doses of a substance to treat symptoms that would be provoked by large doses of the same substance. These minute doses are of plant, animal or mineral origin, and are used to stimulate the body's ability to heal itself.

Asian medicine is a system of diagnostic techniques and treatment methods that have evolved over the last 3,000 years. It includes acupuncture, botanical formulas, and dietary changes to stimulate healthy functioning of organs, tissues, and cells.

Acupuncture refers to the insertion of sterilized needles through the skin into underlying tissues at specific points on the surface of the body. Sometimes moxa (a compressed herb in the form of a stick) is burned over an acupuncture point to help relieve symptoms. Botanical formulas may be given in the form of pills, tinctures, or decoctions (strong teas) to be taken internally or used externally as a wash. Herbal formulas may include shell, mineral and animal materials, as well as plants. Dietary advice is based on Traditional Chinese medical theory.

Physical medicine refers to the use of hands-on techniques such as soft tissue work, 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.

Prescribing of certain pharmaceuticals can be done by your Naturopathic Doctor. There are 23 drugs that NDs in Ontario can prescribe to patients, including bioidentical hormones, natural sleep agents, and thyroid medication.

Basic Fee Schedule

-Please note, all fees for service are required at the time the service is rendered.

Visit Fees:
Initial 60 min Intake - \$175
Subsequent 60 min visit - \$155
Subsequent 30min visit - \$89
BIA (Bioelectrical Impedence Analysis) – \$22
Koenisburg (Adrenal function) Test - \$13

****Lab fees vary according to test –see posted fee schedule or ask your Naturopathic Doctor for more information.**

Clinic Hours

The Clinic will be open:

Monday	9:00am-8:00pm
Tuesday	9:00am-5:00pm
Wednesday	9:00am-8:00pm
Thursday, & Friday	9:00am-5:00pm

What to expect in a first visit

As Naturopathic Medicine is a holistic approach to health, lifestyle is considered relevant to most health problems. Your Naturopathic Doctor will help you to identify risk factors and make recommendations to help you optimize your physical, mental, and emotional well-being.

Your Naturopathic Doctor will develop a case history, do a physical examination, and order blood and urine tests as needed. Physical exams such as gynecological, breast, rectal, prostate, and/or genital are sometimes needed in order to provide information to make a diagnosis or for case development or you may be referred to your medical doctor for these exams and tests.

Even mild therapies have their complications, especially in certain physiological conditions such as pregnancy, lactation, and in very young children. Some therapies must be used with caution in certain diseases such as diabetes, heart, liver, or kidney disease. It is very important, therefore, that you inform your practitioner immediately of any disease process that you suspect or are aware of, or if you are pregnant, suspect you are pregnant, or you are lactating.

Risks

There are some risks, however rare, to treatment by Naturopathic Medicine. These include, but are not limited to:

- Aggravation of pre-existing symptoms
- Allergic reaction to supplements or herbs
- Pain, bruising, or injury from acupuncture, venipuncture, or intramuscular injections
- Fainting or puncturing of an organ with acupuncture needles
- Muscles sprains and strains, disc injuries and stroke from spinal manipulation

Privacy Policy

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 myself or my representative or unless it is required by law. I understand that I may look at my record at anytime and can request a copy by paying the appropriate fee.

Our Integrative Approach

As a multidisciplinary clinic, The Natural Way has a variety of services available to our patients. Our practitioners strive to work together as a team, to enhance the benefits of an integrative approach and provide our patients with the most holistic possible care.

At The Natural Way, we recognize that using a single modality or style of service, does not always provides the complete answer to whole body healing. Our team of clinic Doctors and Practitioners can communicate and work together on your behalf in an effort to combine complimentary services in an effective way.

Please indicate (☒) if you would like more information on any of following services and/or programs offer by The Natural Way Health Clinic:

- | | | |
|--|---|--|
| <input type="checkbox"/> Naturopathic Medicine | <input type="checkbox"/> Detox Program | <input type="checkbox"/> Acupuncture (Regular or Cosmetic) |
| <input type="checkbox"/> Chiropractic | <input type="checkbox"/> Orthotics | <input type="checkbox"/> Grocery Store Tours |
| <input type="checkbox"/> Infrared Sauna Treatments | <input type="checkbox"/> B12 injections | <input type="checkbox"/> No More BUTTS –Smoking Cessation |
| <input type="checkbox"/> Find Your ThINNER Self –weight loss program | <input type="checkbox"/> Registered Massage Therapy | |
| <input type="checkbox"/> Positive Pregnancy Program | | |

I have read the above information and with this knowledge, I voluntarily consent to the diagnostic and office procedures outlined in this document.

I intend this consent to apply to all of my present and future Naturopathic care. I understand that I am free to withdraw my consent at any time.

Cancellation Policy

Our goal is to provide quality care in a timely manner. **In order to do so we have had to implement a 24 hour appointment cancellation policy.** This policy enables us to better utilize available appointments for patients in need of care. **If you are unable to attend an appointment please call 519-772-2116 to cancel.** If you do not reach the receptionist you may leave a detailed message on the voice mail system. Cancellations made via e-mail will not be accepted. **Late Cancellations will be considered as missed appointments and will be subject to a missed appointment fee and you will be charged the full amount for the missed appointment.**

131 Union Street East,
Suite #103
Waterloo, ON
N2J 1C4



(T) 519-772-2116
(F) 866-731-5603
www.thenaturalwayclinic.com

Please remember, The Natural Way gives reminder calls/emails as a courtesy and is not responsible for missed appointments if a reminder is not received or overlooked due to extenuating circumstances.

Name of Patient or Guardian: _____
Signature: _____ Date: _____

Office Use:

Naturopathic Doctor: _____ License #: _____

Signature: _____ Date: _____

Permission to Communicate -Insurance Provider

I, _____ authorize the Natural Way Health Clinic
and Dr. _____ to communicate with
_____ (insurance provider) in reference to
treatments received, the date of treatments and / or any cost
associated with these treatments.

Signature: _____
Date: _____