

Life Balance Acupuncture Clinic

Acupuncture, Herbal Medicine, Shiatsu

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INFORMED CONSENT

I hereby consent to the performance of acupuncture treatments and other procedures within the scope of the practice of acupuncture on me, _____
by the acupuncturist named below and/or other licensed acupuncturists who now or
in the future treat me while employed by, working or associated with or serving as back-up for the acupuncturist
named below.

I understand that methods of treatment may include

Acupuncture is one modality of Traditional Chinese Medicine which was developed in ancient China. Highly trained practitioners use fine solid metal needles, disposable and sterile, only to be used once to treat a variety of disorders. Needles are inserted into the skin at acupuncture points. Patients could experience a slight needle prick, and then what we call the Qi. It can take on many forms such as a dull ache, sensations of changes of temperature, electrical sensations, a tingling, and even a moving sensation along the meridians on the limbs where the acupuncture points are located.

Acupuncture is considered a safe method of treatment yet some side effects could occur. Needles could cause bleeding and bruising, an ache at an acupuncture point that can last for hours or even a day, a pneumothorax (puncturing of the lungs) which happens very rarely but has to be mentioned here, and finally a needle shock which can cause dizziness, fainting, sudden sweating and breathlessness. In that case we withdraw all needles immediately. It is important to NOT come with an empty stomach to treatments since this can cause a needle shock.

Electro-acupuncture uses a device that applies a mild electric current to the needle.

Other modalities of Traditional Chinese Medicine are moxibustion, cupping and herbal medicine.

In **moxibustion** a traditional herb, mugwort, is burnt directly or indirectly on the skin to apply heat to acupuncture points. Burns could happen as a side effect.

During **cupping** the practitioner uses glass cups to induce suction on the skin. This will increase the blood flow and release toxins from tissues. This treatment might leave bruise-like marks on the skin which have to be protected from exposure to wind and cold.

Herbal medicine comes in different forms: granules (ground up bulk herbs) drunk as tea, tinctures, teapills, liniments, oil for topical use etc. Herbal medicine is often prescribed in adjunction with acupuncture. It is very helpful in chronic conditions, and speeds up recovery from injuries and diseases.

This clinic offers **Shiatsu** massage as well. Shiatsu actually comes from Japan, a very relaxing energy massage which benefits a stressful life and balances mind and body.

Signature of patient

Signature of practitioner

Print

Print

Date

Date
