

QUANTUM WELLNESS CENTER

Confidential New Patient Data for N.A.E.T

Name: _____ Today's Date: _____

Address: _____ City: _____ ST: _____ Zip: _____

Home: _____ Cell: _____ Work: _____

Email: _____ SSN: _____ - _____ - _____

D.O.B: _____ Age: _____ Sex: F _____ M _____ Height: _____ Weight: _____

Marital Status (please circle one) M S D W Number of children: _____

Employer: _____ Occupation: _____

Address: _____ City: _____ ST: _____ Zip: _____

Driver's License Number: _____ State: _____ Exp: _____

Most of our patients are referred to our office. IS there a particular person we may thank for the referring you to our officer?

DO YOU SUFFER FROM ANY OF THESE SYMPTOMS?

- | | |
|---|---|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Excessive Gas |
| <input type="checkbox"/> Hot Flashes | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Blurred Vision | <input type="checkbox"/> PMS |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Poor Memory |
| <input type="checkbox"/> Morning Fatigue | <input type="checkbox"/> Sexual Impotency |
| <input type="checkbox"/> General Fatigue | <input type="checkbox"/> Excessive Perspiration |
| <input type="checkbox"/> Labored Breathing | <input type="checkbox"/> Palpitation of the Chest |
| <input type="checkbox"/> Shortness of Breath | <input type="checkbox"/> Dry Skin |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Poor Appetite |
| <input type="checkbox"/> Heartburn | <input type="checkbox"/> Excessive Appetite |
| <input type="checkbox"/> Lump in the Throat | <input type="checkbox"/> Night Sweats |
| <input type="checkbox"/> Throat Constriction | <input type="checkbox"/> Nervous |
| <input type="checkbox"/> Numbness | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Fainting Spells | <input type="checkbox"/> Learning Disabilities |
| <input type="checkbox"/> Lightheartedness | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Swelling of the Joints | <input type="checkbox"/> Chemical Sensitivities |
| <input type="checkbox"/> Loose Stools | <input type="checkbox"/> Constipation |

CURRENT CHIEF COMPLAINTS

Chief Complaint: _____

Describe present complaint FULLY: _____

Duration of present complaint: _____

What do you believe caused this condition?: _____

Is your condition due to an accident or illness? YES NO

If so, please specify: _____

FAMILY HISTORY

Parents Living: Father (AGE) _____ Mother (AGE) _____

Brothers (# and ages) _____ Sisters (# and ages) _____

Is there any family history of (please put the relationship of the person in the space):

Diabetes: _____ Asthma: _____

Cancer: _____ Mental Disease: _____

Heart Disease: _____ Lung Disease: _____

Arthritis: _____ Allergies: _____

Any other (Specify): _____

PERSONAL HISTORY

Childhood Diseases: Measles _____ Mumps _____ Chicken Pox _____

Unusual Childhood Diseases: _____

Do you smoke: _____ Pack per day _____

Drink Coffee? _____ How much _____ How often _____

Drink Alcohol? _____ How much _____ How Often _____

Do you take drugs? _____ List Names: _____

Do you take vitamins? _____ List Names: _____

Do you exercise? _____ Regularly? _____ Infrequently? _____ Seldom? _____

Are you pregnant now? _____ Last menstrual period? _____

Do you have a pacemaker? _____

Hobbies (If any): _____

List all foods and beverages taken more than three times a week:

PAST HISTORY

List any previous significant injuries (Slips, falls, auto, accidents, etc.) and give dates:

Have you had any previous back troubles? Yes ___ No ___ (If YES, please describe and give dates)

List any past significant illness: _____

List all operations (Give dates): _____

Are you currently take any medications? _____

If so, Please list: _____

List any known allergies: _____

Have you seen a chiropractor in the past? YES _____ NO _____

Name & Address of chiropractor: _____

Last physical exam _____ Findings: _____

Have you had X-Rays taken over the last year? _____ If so, Which part of your body? _____

If you suffer from exhaustion or fatigue, describe in your own words how you feel and what time of the day or night you experience these symptoms, including whether they occur daily, occasionally, etc.

Would you say that you are under alot of stress? _____ If yes, explain: _____

Do you experience undue worry, difficulty in concentrating, forgetfulness, failing memory, etc?

FEMALES ONLY

Do you experience any pain or discomfort before, during or after your menstrual cycle? Do you experience any discomforts during the cycle week (regardless of whether you menstruate, are in menopause or have had surgical removal of all the female reproductive organs or skip your period periodically). During the week are you "GROUCHY"? Have crying spells? Feel uptight, more nervous or specify any other problems.

Print Patient Name: _____

Date: _____

Informed Consent for Medical / Chiropractic/ Acupuncture/NAET/ Decompression/ Laser Treatment

Dear Patient,

We encourage and support a shared decision making process between us regarding your health needs. As a part of that process you have a right to be informed about your condition of your health and the recommended care and treatment to be provided to you so that you can make the decision whether or not to undergo such care with full knowledge of the known risks. The information is intended to make you better informed in order that you can knowingly give or withhold your consent.

Every type of health care is associated with some risk of a potential problem. This includes Medical/Chiropractic/ Decompression Laser Therapy /Acupuncture/NAET care. We want you to be informed about potential problems associated with Medical /Chiropractic/ Decompression/ Laser /Acupuncture/NAET care before consenting to treatment. This is called informed consent.

Chiropractic:

Chiropractic is based on the science which concerns itself with the relationship between structures (primarily the spine) and function (primarily the nervous system) and this relationship can affect the restoration and preservation of health.

Chiropractic adjustments/ joint mobilizations are performed by Chiropractors. It is the moving of bones to correct or reduce spinal and extremity joint subluxations with the doctor's hands or with the use of a mechanical device, following palpation and/or other examination procedures. A Vertebral Subluxation is a disturbance to the nervous system and is a condition where one or more vertebra in the spine is misaligned and /or does not move properly causing interference and /or irritation to the nervous system. The primary goal of Chiropractic Care is the removal and/or reduction of the nerve interference caused by vertebral subluxation. A Chiropractic examination will be performed which may include spinal and physical examination , orthopedic and neurological testing, palpation, specialized instrumentation, x-rays and laboratory testing. Frequently with spinal or joint adjustments techniques create a "pop" or "click" sound/sensation in the area being treated, such as the noise when a knuckle is "cracked", and you may feel movement of the joint. In addition some ancillary procedures, such as hot and cold packs, electric muscle stimulation, therapeutic ultrasound, massage therapy, paraffin wax, cervical traction, mechanical traction, therapeutic exercises, vibrational -proprioceptive rehab, spinal and knee decompression, acupuncture/acupressure, laser, laser acupuncture may also be used. In this office, we use trained staff personal to assist the doctor(s) with portions of your consultation, examination, x-ray taking, physical therapy application, traction, decompression, massage therapy, exercise instruction, etc. Occasionally when your doctor is unavailable, another clinic doctor under the direction of the primary doctor will treat you on that day.

Possible Risks: As with any health care procedure, complications are possible following a chiropractic manipulation. Complications could include fractures of bone, muscular strain, ligamentous sprain, dislocations of joints, or injury to intervertebral discs, nerves or spinal cord. A minority of patients may notice stiffness or soreness after the first few days of treatment.

Disc Herniation: Disc herniations that create pressure on the spinal nerve or on the spinal cord are frequently successfully treated by Chiropractors and Chiropractic adjustments/joint mobilizations, traction, decompression etc. This includes both in the neck and in the back. Yet, occasionally chiropractic treatment (adjustments/joint mobilizations, traction, spinal decompression/knee decompression etc.) may aggravate the problem and rarely surgery may become necessary for correction.

Rarely chiropractic adjustment/joint mobilizations may also cause a disc problem if the disc is in a weakened condition. These problems occur so rarely that there are no available statistics to quantify their probability.

Soft Tissue Injury: Soft tissues primarily refer to muscles and ligaments. Muscles move bones and ligaments limit joint movement. Rarely chiropractic adjustments/joint mobilizations, traction, massage therapy, etc., may tear some muscle or ligament fibers. The result is a temporary increase in pain and necessary treatments for resolution, but there are no long-term effects for the patient. These problems occur so rarely that there are no statistics to quantify their probability.

Rib Fractures: The ribs are found only in the thoracic spine or the middle back. They extend from your back to your front chest area. Rarely a chiropractic adjustment/joint mobilization will crack a rib bone, and this is referred to as a fracture.

Informed Consent for Medical / Chiropractic/ Acupuncture/NAET/Decompression/ Laser Treatment

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Print Patient Name: _____

This occurs only on patients that have weakened bones from such things as osteoporosis. Osteoporosis can be noted on your x-rays. We adjust/manipulate all patients very carefully, and especially those who have osteoporosis noted on their x-rays. These problems occur so rarely that there are no statistics to quantify their probability.

Physical Therapy Burns: Some of the machines we use generate heat. We also use both heat and ice, laser therapy (class 3 cold laser). We can recommend ice or heat or moist heat therapy for home care on occasion. Everyone's skin has different sensitivity to these modalities, and rarely, both heat and ice can burn or irritate the skin. The result is temporary increase in pain, and there may even be some blistering of the skin. These problems occur so rarely that there are no statistics to quantify their probability. Furthermore physiotherapy may include the proceeding as well as a allergic reaction to gels or lotions in some cases.

Soreness: It is common for chiropractic adjustments/joint mobilizations, traction, massage therapy, exercise, etc. to result in a temporary increase in the soreness in the region being treated. This is nearly always a temporary symptom that occurs while your body is undergoing therapeutic changes. It is not dangerous, but please tell your doctor about it.

Acupuncture: If using dry needling technique the following risks can occur: infection at site of insertion of needle, bruising, itching, redness, swelling, allergic response to needle.

NAET: Sweating when holding the substance, itching, fatigue after treatment, muscle weakness after treatment.

Probability of risks occurring: There may be other problems or complications that might arise from Chiropractic/Medical/Acupuncture/NAET other than those noted above. These other problems or complications occur so rarely that it is not possible to anticipate and / or explain them all in advance of treatment. The risks of complications due to chiropractic treatment have been described as "rare", about as often as complications are seen from the taking of a single aspirin tablet. The probability of adverse reaction due to ancillary procedures is also considered "rare".

Other treatment options, which could be considered, may include the following:

- Over the counter analgesics. The risks of these medications include irritation to stomach, liver and kidneys, and other side effects in a significant number of cases.
- Medical care, typically anti-inflammatory drugs, tranquilizers, and analgesics. Risks of these drugs include a multitude of undesirable side effects and patient dependence in a significant number of cases.
- Hospitalization in conjunction with medical care adds risk of exposure to virulent communicable disease in a significant number of cases.
- Surgery in conjunction with medical care adds the risks of adverse reaction to anesthesia, as well as extended convalescent period in a significant number of cases.

Risks of remaining untreated: Delay of treatment allows formation of adhesions, scar tissue and other degenerative changes. These changes can further reduce skeletal mobility, and induce chronic pain cycles. It is quite probably that delay of treatment will complicate the condition and make future rehabilitation more difficult. The same consequences can occur with patients suffering from allergies, chronic conditions and specific medical problems not listed here.

Chiropractic/ Medical/ Acupuncture/ NAET is a system of health care delivery, and therefore, as with any health care delivery system we cannot promise a cure for any symptoms, disease, or condition as a result of treatment in this center. We will always give you our best care, and if results are not acceptable, we will refer you to another provider whom we feel will assist your situation.

If you have any questions on the above, please ask your doctor. When you have a full understanding, please sign and date below.

1. I, _____, authorize the performance upon myself of the following procedure(s): Examination/ X-rays(gowned if needed) Ultrasound, sinusoidal current, interferential currents, traction, decompression, hydrocollator, electrical muscle stimulation, laser therapy, ice therapy, acupuncture, N.A.E.T, and chiropractic manipulative/joint mobilization techniques to be performed by or under the direction of the Doctors and staff of Integrated Medical Center, Inc. d.b.a./Quantum Medical & Wellness Center
2. I also consent to the performance of other diagnostic and / or therapeutic procedures in addition to or different from those stated above, whether or not arising from presently unforeseen conditions, that the doctors, associates and / or assistants, may consider necessary or advisable in the course of my health care or treatment.

3. I acknowledge that no guarantee or assurance as to the results that may be obtained from the procedure(s) has been given by the doctors, their associates or assistants.
4. I have read the explanation above of medical / chiropractic/ acupuncture / NAET/decompression treatment. I have had the opportunity to have any questions answered to my satisfaction. I have fully evaluated the risks and benefits of undergoing treatment. I have freely decided to undergo the recommended treatment, and hereby give my full consent to treatment.

I, _____ of my own free will choose to become a patient of Drs./Therapists Popkin/Grundstein/Desir/Debrosse. I understand that some of the techniques and products used in this clinic are neither FDA (Food and Drug Association) approved or considered a "main stream" traditional medicine.

Drs. Popkin/Grundstein//Desir/Debrosse can not guarantee the results of these treatments or products.

I am aware that I am free to seek other medical opinions or other care at any time. I am also aware that Drs. Popkin/Grundstein/ Desir/ Debrosse meet the requirements by Florida law.

I hereby exercise my freedom of choice in Medicine/Chiropractic/ NAET/Acupuncture/ Decompression Therapy/ Massage Therapy/ Manual Therapy/ Laser Therapy to follow Drs. Popkin/Grundstein/Desir/Debrosse recommendations or not as I choose.

Signed _____ **Date** _____

PATIENT'S CONSENT FORM

I _____ certify that DR _____ does not claim to cure any illness or disease with NAET (Nambudripad's Allergy Elimination Techniques). I understand that NAET is not a medical diagnostic procedure and therefore does not diagnose a disease. Rather, NAET gives the practitioner an indication as to the substance(s) to which the patient may have a sensitivity. NAET uses various, standard medically proven diagnostic measures and modalities (Allopathic, Chiropractic, nutritional, kinesiological, and a acupuncture disciplines) to diagnose the patient's condition. The premise behind NAET is to balance the energy of the individual patient to a substance(s) using NAET (this procedure uses information from above mentioned disciplines) so that the patient may not experience hypersensitive symptoms when they have future contact with these desensitized substances.

I understand that I am (my dependent) to continue all medications and other treatment modalities as they have prescribed unless otherwise directed by the doctor who prescribed them. During the 25 hours of NAET desensitization procedures, if I (my dependent) get a life-threatening reaction from the allergen, I (my dependent) was desensitized (or my ward) through NAET earlier or the reaction happened from other source, I need to seek emergency help immediately from a physician qualified in emergency care, or by calling 911 in the USA or attending an emergency room at the local hospital. If I (my dependent) am suffering from severe allergic reactions to substances, I should consult an appropriate physician and take appropriate medication (such as medication to prevent itching, tissue swelling, fever, asthma, cough, pains, infections, mental irritably, violent behaviors, etc.) to keep my (my dependent's) symptoms under control while I (my dependent) am going through NAET procedures. This way NAET program can be satisfactorily completed on the basic allergens without interruption and once I (my dependent) complete NAET for my (my dependent's) sensitives, I (my dependent) may experience reduction of my allergic symptoms and improved quality of life.

I understand that for 25 hours after the NAET, I (my dependent) am to avoid eating, touching, breathing and coming within 5 feet or more as I was instructed by my practitioner for the substance(s) that I (my dependent) have received NAET for. If I (my dependent) come in contact with the substance(s) for which I (my dependent) am desensitized, I realize that the NAET may not work and I (my dependent) may have sensitivity reaction.

I understand that I (my dependent) must return after my 25-hour-avoidance period preferably within 24 hours but at least within 7 days, to determine if I (my dependent) have cleared for the substance(s). I fully understand that I (my dependent) may still that I (my dependent) may still experience a reaction to the substance(s) of unknown severity if I (my dependent) come in contact with them if I (my dependent) did not clear them completely. If I (my dependent) did not clear them completely, I (my dependent) may require to repeat the procedure (more office visits at my cost) until I (my dependent) clear them satisfactorily.

After the successful completion of my NAET program I give permission to my doctor/practitioner to use my (my ward's) case study in educating other similar patients or accumulating data for research purpose without disclosing my real name or address. I give permission to take a photograph of my (my ward's) diseased body part (e.g. in case of skin problem, etc.) to use in research or patient education purpose without disclosing my real name or address.

I have read or have had read to me the above statements and have had the opportunity to ask questions about its content and by signing below I agree to the terms and procedures.

Patient Signature: _____ Date: _____

Name of the minor: _____ Relationship to the ward (Mother, Father, Guardian) _____

Signature of Witness: _____ Name of witness: _____
Date: _____

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INSTRUCTIONS TO A NEW NAET® PATIENT BEFORE BEGINNING TREATMENT

I. Introduction

The new patient is required to read Dr. Devi Nambudripad's book "Say Good-bye to Illness" or "Say Good-bye to Your Allergies" or listen to the book CD of "Say Goodbye to Your Allergies" before coming to the first appointment. You may also be asked to view an Introductory DVD about NAET when you come for the first appointment. Most patients come to NAET practitioners as referrals from their family or friends. Most of them come to NAET without having any real knowledge about NAET and how can NAET help them with their individual health needs. If the patients had some knowledge about NAET, it would help them understand the testing and energy balancing procedure better. This book, SGTI" educates the reader about the NAET testing procedures and some self-balancing procedures. NAET treatment procedures are not explained in this book, that should be done by a trained NAET practitioner. The book also shares numerous case studies about various health conditions and testimonials from previous NAET patients.

Nambudripad's Allergy Elimination Techniques (NAET®) is a method that helps to balance energies in the body. NAET® is not a primary care procedure. The patient is required to seek the care of a primary care physician while getting NAET®. If the patient suffers from a specific health problem, he/she should also seek care of an appropriate medical specialist to manage the health needs related to their condition (e.g. heart disease, mental challenges, etc.)

According to Oriental medical theory, when one's body energies are maintained in a balanced state, one does not suffer from most health disorders that arise from an energy imbalance. As per NAET® theory, food, environmental and chemical sensitivities and true allergies (Immunoglobulin E (IgE) mediated allergies) can cause energy imbalances in the energy meridians. NAET® theory postulates that, an energy imbalance or disturbance is the primary cause for any sensitivity reaction towards any substance. When any allergen that initiated the energy disturbance is identified via NAET® Testing procedures, when that allergen is desensitized properly using appropriate NAET® desensitization techniques that particular allergen has not shown to produce adverse bonds or unpleasant reactions in the body on future contacts. NAET® is a mild, noninvasive, gentle, energy balancing procedure. It has not been shown to cause any long-term adverse effects on anyone within the last thirty-three years. While going through NAET®, patients should try to keep their symptoms under control by taking necessary medications, therapies, acupuncture, chiropractic, massages or other therapeutic modalities.

NAET® is only an energy-balancing procedure that helps to remove energy blockages from the energy meridians and restore normal circulation of the vital energy in the body, with the result, patients may claim to have achieved several health benefits including relief from severe allergies and allergy-based health disorders. But one should understand that NAET® is not a primary care procedure. NAET has not had the opportunity to conduct double blind studies on various aspects of the health problems arising from sensitivities and treatments through NAET. We only have anecdotal references and testimonials from the beneficiaries now except for just a couple of published case studies and one double blind study. We are hoping to have more published studies in the near future.

II. Before the First NAET® Session

1. Prior to your first appointment or when you arrive at the office, these guidelines will be provided to you or to your guardian or caretaker. You MUST read and comply with these rules be-

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fore beginning the NAET® evaluation procedures and NAET Testing procedures.

2. You should bring in a copy of ALL previous medical records, any report on prior allergy testing and treatments, laboratory and radiological reports. It is highly recommended to have your blood tested for (1). total IgE, (2). IgE (Immunoglobulin-E) and (3). IgG (Immunoglobulin-G) on a list of commonly consumed foods and commonly contacted environmental substances. Your practitioner can provide you the list on your first visit and you may have the tests done through your primary care physician and have him/her send a copy of the result to your NAET practitioner. You will be required to complete the following forms in the office: (1). Personal data information sheet, (2). history forms, (3). symptom-survey form, and a (4). consent form.

3. If you have a history of severe hypersensitivity reaction (anaphylactic reactions or like severe reactions) toward any allergen, you must tell the NAET® practitioner before beginning the evaluations. Only practitioners who have taken the NAET® Advanced-2P class (Case Management for severe allergies) are qualified to manage severe allergies or anaphylactic symptoms. With the knowledge from this advanced training your NAET® practitioner can take adequate precaution to prevent you from becoming anaphylactic during evaluations or treatment. NAET® protocol for severe hypersensitivity reactions (such as anaphylaxis) SHOULD be followed strictly while getting NAET desensitization procedures. Your qualified NAET® practitioner will instruct you appropriately.

III. Before Each NAET® Session

4. PLEASE do not wear any perfume, perfumed powder, strong smelling deodorant, hair spray, or after-shave and do not eat strong smelling herbs like raw garlic, seafood, etc., when coming to the clinic for NAET®. If you suspect something is responsible for causing an unpleasant sensitivity reaction, you may bring the item to the NAET® office in a thin glass container with a lid (as in a baby food glass jar with lid), wrapped in brown paper or placed in a brown paper bag. Please do not bring items in plastic containers or plastic baby food jar. Plastic containers cannot be used in testing.

5. There is NO smoking allowed in or around the office. PLEASE take a shower before you come to the office for NAET® since you should not shower for six hours following NAET (it may cause you to lose the treatment). Please do wear freshly cleaned clothes to avoid smells of herbs, spices, perspiration, etc. Various smells can cause irritation and reactions in you while going through treatment, as well as in other sensitive patients in the clinic waiting room. Please do not eat or drink coffee or juices that has fruity smells (e.g. Pineapple juice, etc.) within the office. Another patient in the office waiting room might react to the smell of your food. Drinking plain, purified water is ok.

6. Wear minimum jewelry when you come in for NAET®. Avoid wearing large crystals or large diamonds. NAET® can be done while wearing your own clothes provided you wear simple, loose clothes without ANY art work or embroidery with crystals, beads, stones, metals, glass or plastic pieces. It is fine to wear simple wrist watches while testing or doing NAET. Avoid watches with sharp needles, cell phones, calculators, tape recorders, cameras, etc., on it.

7. PLEASE do not wear any guns or knives to the office even when they are part of your job requirements (patients who are police officers, CIDs, etc. when they come to the NAET office in their uniform for treatments, they need to be instructed to put away their work tools safely elsewhere before they come for treatments. Police officers should be treated on their off days. Some CIDs have to carry their revolver even if they are not in uniform. In such cases, they should come with a friend and the friend can keep the tools in the car and watch for him.) Please do NOT bring sharp metal objects, large keys, sharp toys, heavy toys, or toy guns to the office.

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8. Turn off your cell phones inside the waiting room and in the treatment room. Other sensitive patients might react to your cell phone. Cell phones should be off and kept away from your body during NAET® testing and treatment.

9. ALWAYS eat before you come for NAET®. You should not take NAET® and acupuncture when you are hungry. If you have a long wait in your practitioner's office, please bring a snack with you, leave it in the car or outside the office. Five to ten minutes before your turn, please go outside the clinic and eat your food, wash your hands with soap and water, and rinse your mouth before you return to the clinic for NAET®.

10. Please WASH your hands with soap and water before beginning the evaluation for NAET®. Hand-washing will remove any residue left on your hands from contacting other substances prior to coming to the office.

11. Do NOT get treated if you are extremely tired, worked a night shift, or worked too many hours without any breaks and for women during the first three days of their menstrual cycle. Immune system is at a low edge during these periods and the patient may have problem to pass the treated item and may need additional office visits.

IV. During Each NAET® Session

12. You should NOT have any companions with you standing or sitting within your magnetic field during NAET® session. You should not bring any children or pets to the room while you receive NAET®. You should be alone with your NAET® practitioner while you receive evaluation or NAET®. If your small child is the patient, then the practitioner will use you as a surrogate then you will be in the same room testing and treating your child through you. Your practitioner will explain the procedure. Also please read Chapter 6 in the book, "Say Goodbye to Illness" to learn testing procedures.

13. Since NAET® is a mind-body balancing procedure, the NAET® practitioner needs to receive permission from the conscious and subconscious minds of the patient before performing NAET®. Signing the consent is the permission from the conscious mind. But permission from the subconscious is necessary for a successful NAET®. For a trained practitioner it takes only a few seconds to seek permission from the subconscious. In rare occasions, it has been shown that certain person's subconscious mind does not grant permission to perform NAET® evaluation or treatment on a particular day. In such cases, the NAET® practitioner may NOT proceed with NAET® evaluation. Instead the NAET® practitioner will make appropriate referrals for further evaluations related to your health conditions.

14. On a particular visit, if the patient's brain did not give favorable signals for NAET® on a new item, then he/she will be rescheduled for another date. This is for your best benefit. It has been shown that even severe hypersensitivity reactions also can be successfully managed for the allergens triggering such reactions when the NAET® practitioner gets permission from the patient's subconscious brain before doing NAET®. You may rest for a few days until your brain and body are ready to get more NAET® sessions or you may be able to receive other immune system supporting procedures like chiropractic adjustments, acupuncture, massage, Yoga, etc., while waiting.

15. While performing NST (Testing procedure), the patient SHOULD wash or rub his/her hands together for 30 seconds between touching different samples. The energy of the previously tested sample has shown to produce false results if the energy of the previous item has not been removed from the hands before touching a new one. Only three substances (three groups from the NAET Basic list) will be tested at any given day to prevent unexpected sensitivity reaction from cumulative results contacting several reactants within a short period of time.

16. While going through NAET® testing PLEASE make a loose fist with your free hand (one without the sample) in order to prevent contact between the table or your clothes with your fin-

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ger-pads while testing.

17. Do not eat candy or chew gum DURING NAET® testing and treatment.

The NAET® practitioner will not have ANYONE observing the NAET® procedure or taking notes, from a close proximity. The distance varies with each patient for each allergen. Your practitioner will know how to determine the distance for a particular individual for the specific allergen.

18. If you are unable to test yourself (if you are a child, old person, too strong, too weak, disabled, advanced stage of pregnancy, etc.), then you SHOULD be tested through an indirect contact (IC or surrogate) so that the practitioner can get accurate information about your sensitivities. You should maintain skin-to-skin contact with a IC during testing and the IC should rub his/her hands together or wash hands between testing different items.

19. NAET® can also be done through the IC's body and get the exact benefit as if it was done directly on your body. Patients in advanced stage of pregnancy, morbidly obese, with psoriasis or other debilitating skin problem, back surgery, scoliosis, or a history of severe hypersensitivity reactions, etc., SHOULD receive NAET® through an IC.

V. The Basic 15 treatments

The NAET® Basic 15 groups include the basic essential nutrients for everyone: BBF, Egg mix Cal mix Vitamin C mix, B- Complex mix, Sugar mix, Iron mix, Vitamin A mix, Mineral mix, Salt mix, Grain mix, Yeast mix, Acid, Base and Hormones. You will receive one treatment per item or group once or twice a week depending on your immune system status. Cellular memory imbalances will be also checked related to the item treated and if found, will be treated during the same visit. You should strictly avoid any contact with the treated item for 25 hours. If more hours of avoidances needed your practitioner will instruct you. After you complete the Basic 15 groups, your practitioner will recheck all 15 groups one at a time, checking for complete clearance of the group treated. He/she will also check if any need to treat for individual ingredients in the group, or any possible combinations.

If you are sensitive to the basic 15 groups, your body may not absorb adequate nutrients by consuming the foods from these groups. That will cause to lower the immune system function and may cause to have various health disorders due to nutritional deficiencies brought on by sensitivities, intolerances and allergies. After clearing your allergies to B vitamins, it is suggested to supplement adequate amount of B complex vitamins right away so that your adrenal system will begin to function better, nervous system will begin to relax and your immune system will begin to improve with each dose of vitamin B complex. B Complex vitamins are the food for your nervous system. When your immune system is maintained at a normal level, not only you feel better overall, your allergies and sensitivities will be reduced with the result, you need fewer NAET® sessions to get maximum results.

VI. Reasons Why NAET® May Need to be Given Out of Order

22. If you have sensitivities to white rice, or pasta, their energies should be desensitized before the Basic 15 groups. White rice or white pasta, cooked in large amount of water, the water drained out, is permitted to consume in any amount to satisfy your hunger during 25-hour avoidance after each NAET in the basic 15 groups. If you are sensitive to white rice or pasta (starches), then you will not feel good while consuming them through basic 15 groups. So you must clear the allergy to white rice before other treatments.

23. Hard-to-avoid items like prescription drugs should be treated first in the doctor's office after completing NAET® for first 6 NAET groups of allergens from the Basic 15. Then the patient will

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be taught to balance his/her energy system once every two hours at home. In case of a drug that cannot be avoided, NAET® treatment should be done first time for the drug in the doctor's office, then you should self-treat your 6 gates using home-based balancing procedure (HBP) before and after you take the drug as well as self-treating once every two hours while awake for the 25 hours after the initial NAET®. When you sleep, you do not need to set an alarm to wake you every two hours to get up and treat. Instead whenever you wake up, you can continue the self-treatments again. This procedure is not done on regular foods and environmental samples in order to skip the 25-hour avoidance. If you do so, treatments will not pass. You will have to retreat again following 25-hour avoidance strictly.

When a patient has an ACUTE problem, practitioners will address the acute problem before resuming the normal order of NAET® if the patient's brain gives permission to do so. For instance, when a patient is reacting to a particular food that was eaten recently, a medication that is essential for the patient's survival (like pain medication, cortisone, antihistamine, antidepressants, heart medication, etc.), fire-smoke, accidental exposure to fumes, drinking water, city water, acute cellular memory imbalances (emotional traumas) like sudden hospitalization or the death of a loved one, etc. NAET® on these issues can be done as an acute care procedure before completing the basic fifteen groups as long as the body permits. If someone has severe reaction to pollen, weeds, cigarette smoke, regular drugs like chemotherapy drugs, antibiotics, person-to-person allergies, etc., these can be done after completing six basic groups of allergens (after completing sugar mix). When the NAET® for acute care procedure is completed satisfactorily, you should go back to the basic 15 and continue as before.

24. You must wash your hands with plain water after each NAET®, before you leave the office. After the NAET®; if you cannot wash or rinse your hands, then vigorously rubbing your hands by interlacing your fingers for 30 seconds will be sufficient.

25. After a desensitization treatment for an allergen through NAET®, PLEASE do not exercise vigorously for 6 hours. A mild walk is fine.

26. AVOID exposure to extreme hot or cold temperature after the desensitization through NAET® for any allergen.

27. Do NOT bathe or shower or swim for 6 hours following the NAET®.

28. Do not read or touch other objects with your FINGERS during the 20 minutes waiting period after NAET®.

29. Do NOT cross your hands or feet during the first 20 minutes following the NAET®. Lying or resting with a calm mind will be beneficial. You could visualize positive, warm energy circulation through the 12 meridians while resting. Meditation is allowed. After an emotional balancing treatment through NAET®, you are advised to think positively during the 20-minute waiting period about the issue which was treated or keep your mind blank, don't think about anything at all.

30. Your practitioner WILL ask you to avoid the desensitized item for 25 hours or more as indicated by his/her testing after the completion of the NAET® in the office. After the NAET® you should avoid eating, touching, or coming near the item treated for the specific number of hours determined by your practitioner. It is also suggested after completing your NAET® satisfactorily for an item, that you consume a small amount of the item daily for three to four days, provided your IgEs on specific allergen is tested class I or lower. If the NAET® is not completely finished for the item, upon consuming the item, you will bring out some minor symptoms and your practitioner can investigate the reasons behind those symptoms and reduce them. Another benefit of introducing the desensitized item into your body is to reconfirm with the brain and nervous system about the harmlessness of the item you were treated so that your nervous system will not forget about the harmlessness of this desensitized allergen with any future contact even if you never ate them

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later for years. This rule does not apply to patients with the history of severe hypersensitivity reactions (IgE class I or more).

31. It is highly recommended after NAET® for the first four Basic 15 groups (after Vitamin C treatment), you TRY to consume foods and drinks from the desensitized groups only. Add items to your list as you complete NAET® on each new group or item. This will reduce your overall discomfort while going through the rest of the allergen groups and your NAET® treatments will be more effective and you will be able to see results with NAET® faster. Depending on your immune system, the visits can be scheduled. A patient with severe allergies and poor immune system can only tolerate one session per week. But patients with better immune system have shown to tolerate three or more NAET® per week. Your practitioner can test your body for the appropriate plan.

32. If you are a highly SENSITIVE person, or if you experience any discomfort during the 25-hour-avoidance period after the NAET® (crying spells, depression, interference by unusual cellular memories or unusual pains anywhere in the body, etc.), you may need to self-treat your 6 gates points once every two hours on your own at home while you are AWAKE. Please refer to page 58 in the book, Living Pain Free. Also refer to the last page in 9th edition guide book. Then on next morning return to the practitioner for further evaluation and necessary treatment.

33. It is highly recommended to find foods that do not contain the desensitized allergens to eat during 25 hours following each NAET®. Infants and children can be given NAET® in the evening or before going to sleep for hard-to-avoid items. 25-hour-avoidance should be followed even by the infants and children to receive lasting results. Please ask your practitioner if you have questions.

34. If someone has a hard time avoiding a desensitized allergen for a specific amount of time for any particular reason (treating for grains or sugar on a diabetic patient, treating for a heart medication on a cardiac patient, etc.), he/she should massage his/her energy balancing points every two hours as well as before and after exposing to the item. Please do not use this procedure while treating regular groups or items from basic 78 groups to bypass the 25-hour avoidance. In case the patient has developmental disabilities (autism, ADD, mental retardation, etc.), caretakers should be instructed to massage the points (read Page 58 in the book, Living Pain Free) once every two hours during the 25 hours and also before and after touching the item, still must avoid eating them. Your practitioner will teach you the self-balancing technique if you do not understand by reading the book, Living Pain Free. It is advisable for you to BUY this self-help book, with Illustrations (Living Pain Free) since it can help you to control or reduce various sensitivity reactions and discomforts arising from other sensitivities by massaging the appropriate acupuncture self-balancing points whenever the need arises.

35. No adverse reactions have been noted when a person eats food INCLUDING the food he/she was treated, for 20 minutes following the retest of the initial NAET® for the reactant. Exception: highly sensitive patients: Patients who has lower levels of abnormal reading of IgEs in the blood may pass the NAET treatment upon recheck after 25 hours, may feel better for a few weeks or months then their symptoms will begin to return needing NAET repeatedly for the same item. If you repeat your blood test for IgEs, you may find the reading has not changed at all from the initial reading. If you were not tested for IgEs initially, if you require repeated NAET on certain items this is the indication that you may have abnormal levels of IgEs in the blood. If you do have abnormal levels of IgEs in the blood, standard NAET will not be sufficient to reduce the IgEs. You will require advanced level NAET approach. (patients with class II IgEs or above and patients with a history of anaphylaxis should not eat or touch the items until the blood test becomes normal). The 25 hour-restriction begins 30 minutes after the completion of the NAET®. Do not eat HEAVY meals before or after the NAET® or acupuncture treatments, but DRINK a glass of water before the NAET®. Energy moves better in a well hydrated body. Drink 4-6 glasses of water spaced through the day

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after each NAET® sessions to help flush out the toxins produced during the NAET®.

36. You are advised to **MAINTAIN** a food diary and the level and type of reactions if there is any during the 25 hours following the NAET treatment in The Guide Book after each session. You should carry this record with you if you decide to see other NAET® practitioners in another city, state or country during your vacation or other travel time then your NAET® can be continued uninterrupted. Write down all the good and bad symptoms you experience during 25-hours following each treatment and bring it to your practitioner on the following visit. If you have frequent health problems and you do not know the cause of your problems, write down your daily activities for a month in a separate notebook. Record all the food and drinks you consumed even if they were in small portions and record also anything new you have purchased for the house or work area just before the problem started. Bring your record to the office and let your NAET® practitioner test you for the items in your list to find the culprit.

37. You may need to take **EXTRA** precaution while you get NAET® for environmental substances: (mineral mix, metals, water, leather, formaldehyde, fabric, wood, mold, mercury, newspaper, chemicals, flowers, pollen, grass, smoke, etc.). Apart from staying away from these items, you may also need to wear a pair of gloves, mask, socks, shoes, gowns, scarves, earplugs, etc. You can also massage the 6 gate-points once every two hours while awake during the 25-hour period if it is not completely avoidable. Complete avoidance is highly suggested.

38. During the 25-hours of NAET® or afterwards, if you get a life-threatening experience from an allergen (either from the one you were treated earlier in the office or another new item), you **MUST** seek emergency help immediately from a primary care physician or emergency room, or by calling 911 in USA or numbers appropriate to the country.

39. Once every month or so, or after completing the first **FIFTEEN** NAET® group, your practitioner will repeat NAET testing on all treated items from the beginning. If the desensitization for an allergen was not successful over 50 percent at the time, they will be boosted up again. No avoidance is necessary at this time. **AFTER** the Basic Fifteen groups with the practitioner, patient should begin to gather a small sample of every day food and drinks and holding the sample, massage the 6 gate points every night before bedtime. Please ask your practitioner to explain the procedure how to do so.

40. **DRINK** one 6 ounce-glass of water first thing in the morning. Drink 1 glass of water before bedtime.

Remember to **CHECK** with your practitioner for the item you were treated with NAET®, after 25 hours, and at least within one week to make sure you have completed the NAET® satisfactorily.

VII. Additional Information about NAET®

41. NAET® is a **HOLISTIC** procedure. It balances the entire body including: physical, physiological and cellular level (emotional) functions. Everyone needs balance in all these three levels of the body to be healthy. If one area is not balanced properly, other areas cannot function normally. NAET® cellular memory imbalance removal procedure (emotional balancing treatments) has been shown to produce marvelous results in people who suffer from environmental illness, chemical reactions, chronic pain disorders, other chronic illnesses, autism and ADHD, etc. This **CLIR** procedure will be provided to the patient without additional cost if done in conjunction with any NAET® session. After completion of Sugar mix (after completing six basic sessions), NAET® Cellular level Memory Imbalance Removal procedures can be administered upon your request.

42. NAET® **CLIR** procedures do **NOT** replace the need for traditional psychological or psychiatric help. If you are getting treatments in these areas prior to NAET®, please continue with your therapies and medications as needed. If you for any reason do not like to be use the **CLIR** procedure (due to religious reasons, etc.), you should inform the NAET® practitioner on the initial visit, then

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CLIR will be excluded from your treatment plan.

43. If you did not complete the NAET®, or if you could not complete the specific NAET® for some reason, do not panic. NAET® is a mild, energy balancing, non-invasive, gentle procedure. It has not been shown to cause any long-term adverse effects on anyone since its discovery within the last thirty-three years. Your temporary symptoms may be due to the incomplete session and may continue for up to two or three weeks, maximum. Drink about 4-6 glasses of boiled cooled water or non-allergic bottled, purified water (not distilled water) daily to help with your energy circulation.

44. Eventually the particular symptoms will wear off and you may return to your pre- NAET® status if you did not repeat the NAET® for the unfinished item. For example, if you suffered from insomnia prior to NAET®, you may continue to have insomnia; if you suffered from pain disorders, you may continue to suffer from pain disorders, etc. Any allergen that was desensitized halfway has not shown to render any benefit to the patient at all. Human body forgets and adapts to new ways fast. The incomplete NAET® is forgotten in about three days to a week in most cases, but in some cases it has shown to take as long as three weeks, then the body learns to focus on current events. Thus, in a few days, an incompletely desensitized reactant is usually viewed by the body as a reactant that has never been treated before.

45. But if you had to stop the NAET® for the particular allergen because you had no means to get to the office, then you can self-treat the energy for the particular item at home on your own by holding the item while massaging the 6 gates as shown in the guide book or in the book, Living Pain Free, once every four hours while awake for two to three weeks or as short or as long as the body needs to view that as a friendly item. This method will only work after one has initiated the NAET® with a trained practitioner, and the NAET® was not completed on one item for some reason. If it is an uncomplicated, individual item, like a piece of sourdough bread, a piece of meat, a hot dog, a laxative or a pain pill like Tylenol or another drug, a particular piece of fabric (a shirt, scarf), etc., then the patient or the caretaker can complete the NAET® in this manner at home. Caution: this should be done only on a single item.

46. After completing NAET® for an allergen, if NST tested strong on recheck but the patient is still suffering from prior symptoms, the patient should be allowed to rest for a few days to a couple of weeks without any new NAET®. This is in fact to rule out or to determine if the desensitization towards the particular item was successful or not; and to determine if the presenting symptom is arising from another source or not. If the particular desensitization on the item is incomplete, if you wait a few days the NST will produce a weak response either on its own or with some combinations. Then the NAET® on the item itself or with a combination can be repeated at that time. While waiting to detect the outcome of the previous NAET®, it is OK to boost up the immune system with acupuncture, chiropractic treatments, massages, herbs or other therapies. Or the patient can continue to self- balance the 6 gates at home as described without holding the allergen, this will help you to maintain your energy in balance.

47. Sometimes, the patient continues to have the same symptom but NST does not show any weakness on the previously desensitized allergen. In such cases it has shown that the particular desensitization on the allergen was successful but another allergen capable of producing similar symptoms has been identified as the culprit. Usually people with history of sensitivities react to more than one or a few items at a time. When one item gets desensitized and eliminated from the body, others will get noticed easier, hence the symptom of the previous allergen continues until other major allergens are desensitized with NAET®.

48. When one has a weakness in any particular area of the body, every allergen affects that area of the body giving rise to symptom similar to the first one. This pattern is especially noticed in patients with asthma, sinus problems, autistic disorders, attention-deficit hyperactive disorders, chronic pain syndrome, as in degenerative arthritis, fibromyalgia, lupus, headaches, migraines, backaches, myofascial pain, peripheral neuropathy, PMS, insomnia, manic or depressive disorders, etc. Because of this mechanism, in some cases, until you complete NAET® for Basic fifteen and more, you may not see much changes in your health.

49. When you are sensitive to a food substance, your body produces lots of endogenous toxins. After you are desensitized to an allergen, it takes 24 hours for the body to release the adverse bond towards the treated allergen (detoxify) from all 12 major meridians (each meridian takes 2 hours) to get the toxins out of the body after each NAET. SOME patients may not have 25-hour avoidance or restrictions. Some may process

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the adverse bonds of the allergen right after the NAET®; some may take just a few hours; some may take 25 hours, yet some others may take 40 hours. Even though NST demonstrated that you would clear the adverse bond on the allergen in 1 hour or so, it is to your advantage to avoid the treated item for the whole 25 hours (24 hours plus one more hour guard-band) allowing the body to detoxify naturally. After a few NAET®, you have the option to go on a good detoxification program using different products (herbs, minerals, etc.) or go through NAET detoxification treatments after the basic 15 treatments where the detoxification is strictly done through NAET without using any products to clean up your system. But if you faithfully follow the 25-hour avoidance, you may not need any special detoxification since the body is able to naturally eliminate the toxins in time if given a chance.

50. You are advised to continue ALL medications and other treatment modalities as they have been prescribed unless otherwise directed by the doctors who prescribed them. PLEASE do not stop any other treatment you are on: medication, therapy, chiropractic treatments, acupuncture, homeopathy, whole body massages, etc.

51. NAET® has NOT been shown to interfere with any other treatment. In fact, if you can keep your body free of toxin accumulation and keep your symptoms under control by using medication or therapies, NAET® has shown to produce better results.

52. For FEMALE patients: NAET® is not advisable during the first three days of menstrual cycle, especially treatments with acupuncture needles. CLIR treatments without the usage of acupuncture needles may be ok. Your practitioner will be able to determine your body's need.

53. NAET® during pregnancy have not shown to cause any adverse effects to the mother or child so far. In fact, tremendous benefits have been noted in both cases. When the mothers receive adequate NAET® sessions during pregnancy (at least 15 basics and for all known allergens of the mother desensitized), their children are born with minimal reactions to substances when compared with their siblings who never had exposure to NAET® before birth.

54. When you go through the NAET® program, you will be advised to get supplemented with appropriate amount of vitamins, minerals, and other nutrients for a while if it is indicated. When the nutrients are supplemented appropriately pain and discomfort arising from various disorders like chronic fatigue, general body aches, arthritis, depression, insomnia, and other pain disorders due to deficiencies, etc., will be reduced.

55. If you do not show any improvement in your health status after successfully desensitizing NAET Basic fifteen allergen groups at all three levels, your practitioner should reevaluate your status. This is a good time to repeat your blood work related to a total IgE, at least for specific IgEs and IgGs for commonly consumed foods and commonly encountered environmental allergens. If there are abnormalities found in the levels of total IgE, IgEs and IgGs in the blood-serum, different NAET® approach may be necessary to receive lasting benefits. Please ask your practitioner to refer you to your primary care physician to repeat the blood work and further assessment of your condition. Then if necessary you may be also referred to another healthcare facility for further evaluation.

Signature of the patient/guardian _____ Date _____

Print Your name _____

WITNESS ----- DATE -----

Integrated Medical Centers Inc./DBA/ Quantum Medical & Wellness Center, Michele Grundstein M.D. LLC.

Hippa Consent Form

Patient: _____

In connection with the medical services that I am receiving from (**Integrated Medical Centers Inc./DBA/ Quantum Medical & Wellness Center, Michele Grundstein M.D. LLC.** and its medical staff, I hereby authorize (**Integrated Medical Centers Inc./DBA/ Quantum Medical & Wellness Center, Michele Grundstein M.D. LLC.** the above-named practitioner(s), and their respective agents to disclose any information concerning my medical condition and treatment (including, but not limited to, super-confidential information concerning sexually transmitted diseases, mental health, chemical dependence, DNA samples or analyses, or other such information), including copies of applicable hospital and medical records to:

- A. any third party payor covering the medical services of the patients
- B. other health care professionals and institutions involved in the delivery of health care to the patient;
- C. The proponent of any legally sufficient subpoena, or in response to a court order;
- D. Employees and agents of the practice, to the degree necessary to facilitate the provision of health care operations, services, and payment for such services;
- E. Pharmacies;
- F. As otherwise required by law.

I further consent that photographs may be taken of me or parts of my body, under the following conditions:

1. The photographs may be taken only with the consent of my practitioner and such conditions and at such times as may be approved by him.
2. The photographs shall be taken by my practitioner or by a photographer approved by my physician.
3. The photographs shall be used for medical records and, if in the opinion of my practitioner, medical research, education or science will benefit from their use, such photographs and information relating to my case may be published and republished, either separately or in connection with each other, in professional journals or medical books, or used for any purpose which he may deem proper in the interest of medical education, knowledge, or research. In such instances, however, it is specifically understood that in any such publication or use I shall not be identified by name and reasonable steps shall be taken to preserve my identity.
4. The aforementioned photographs may be modified or retouched in any way that my physician, in his discretion, may consider desirable.

When providing information to me, information may be transmitted to me by any or all of the following means (initial all that apply):

- Telephone messages on an answering machine
- Messages to the following family members or friends:
- E-mail to the following address: _____

5. I also consent to the release of Protected Health Information to the following individual(s):

In each case, the practice shall take reasonable steps to ensure that only the minimum necessary information is disclosed in accordance with the above. I further understand that I have been given access to the physician's privacy notice and that I have had the opportunity to place special restrictions upon the consent hereby given:

Special Restrictions:

This consent is valid from the date executed until revoked in writing by the patient.

Signed: _____

Date: _____

Witness: _____

In accordance with the Health Insurance Portability and Accountability Act, patients of **Integrated Medical Centers Inc./DBA/ Quantum Medical & Wellness Center, Michele Grundstein M.D. LLC.**

are entitled to and afforded the rights to privacy regarding their health-related health-related information as set forth under applicable law. The Practice will strive to ensure that patient information is used only for purposes authorized by the patient and as otherwise required by law. Upon request, we can provide you with a complete copy of our Privacy Policies.

Additionally, Patients have a right to review their medical records and furnish comments to their records during normal business hours, upon providing reasonable advance notice

Moreover, patients have the right*to be informed of any breach of their unprotected PHI; *to have marketing communications made to them only if authorized by the patient;

*to decline to have PHI delivered to health insurers if the patient pays for services in full without submitting a claim. *to contact the Practice HIPAA Compliance Officer, Dr. Popkin at 954-370-1900

Patient Signature: _____

Date: _____

QUANTUM MEDICAL & WELLNESS CENTER

HIPAA OMNIBUS RULE

Patient Acknowledgment of Receipt of Notice of Privacy Practices

Print Patient Name: _____

I acknowledge that I have been provided a copy of the currently effective Notice of Privacy. A copy of this signed, dated document shall be as effective as the original.

DATE: _____

Signature of Patient or Personal Representative

Signature of Witness / Office Representative

You may refuse to sign the acknowledgment & authorization. In refusing, this practice will not be allowed to process your insurance claims.

I acknowledge that I declined the Notice of Privacy Practices provided:

DATE: _____

Signature of Patient or Personal Representative

Signature of Witness / Office Representative

Office Use Only: I attempted to obtain written authorization of receipt of Notice of Privacy Practices, but acknowledgement could not be obtained because: Individual refused to sign Communication barrier Emergency situation occurred with patient other (explain): _____

Signature of Office Representative

Informed Consent Regarding Nutritional and Herbal Supplements

According to the Federal Food, Drug and Cosmetic Act, as amended, Section 201(g)(1), the term *drug* is defined as an "article intended for use in the diagnosis, cure mitigation, treatment or prevention of disease." Technically, vitamins, minerals, trace elements, amino acids, herbs or homeopathic remedies are not classified as drugs. However, these substances can have significant effects on physiology and must be used rationally. In this office, we provide nutritional counseling and make individualized recommendations regarding use of these substances in order to upgrade the quality of foods in a patients' diet and to supply nutrition to support the physiological and biochemical processes of the human body. Although these products may also be suggested with specific therapeutic purpose in mind, their use is chiefly designed to support given aspects if metabolic function. Use of nutritional supplements may be safely recommended for patients already using pharmaceutical medications (drugs), but some potentially harmful interactions may occur. For this reason, it is important to keep all of your healthcare providers fully informed about all medications and nutritional supplements, herbs, or hormones you may be taking.

Sales of Nutritional Supplements at Quantum Wellness Center

You are under no obligation to purchase nutritional supplements at our clinic.

As a service to you, we make nutritional supplements available in our office. We purchase these products only from manufacturers who have gained our confidence through considerable research and experience. We determine quality by considering: (1) the quality of science behind the product, (2) the quality of the ingredients themselves; (3) the quality of the manufacturing process; and (4) the synergism among product components. The brands of supplements that we carry in our facility are those that meet our high standards and tend to produce predictable results.

While these supplements may come at a higher financial cost than those found on the shelves of pharmacies or health food stores, the value must also include assurance of their purity, quality, bioavailability (ability to be properly absorbed and utilized the body) , and effectiveness. The chief reason we make these products available is to ensure quality. You are not guaranteed the same level of quality when you purchase your supplements from the general marketplace. We are not suggesting that such products have no value; however, given the lack of stringent testing requirements for dietary supplements, product quality varies widely.

If you have concerns about this issue, please discuss them with our staff.

I, _____, have read and understand the above statement.

Witnessed by: _____ Date: _____

Patient Signature: _____ Date: _____

Trust Your Gut Wellness Evaluation

In medicine today, leaky gut aka intestinal permeability, isn't typically diagnosed. However that doesn't mean it's not affecting your health. Many health issues related to LGS go undiagnosed, misdiagnosed, or are ignored by traditional medicine. Please take the quiz to help our doctors evaluate how we can help your condition and any underlying triggering limiting your health in process

Let's get started.

Please circle any that apply to you prior to taking the quiz below:

Sub-Clinical symptoms including:

Headaches and migraines

Hormone imbalance including:

PMS

Emotional imbalance

Gastrointestinal issues including:

Abdominal bloating and cramps or painful gas

Irritable Bowel Syndrome

Ulcerative Colitis

Crohn's Disease and other intestinal disorders

Respiratory Conditions including:

Chronic sinusitis

Asthma

Allergies

Autoimmune Conditions including:

Diabetes Mellitus

Lupus

Rheumatoid Arthritis

Fibromyalgia

Chronic Fatigue

Developmental and social concerns including:

Austism

ADD/ADHD

Skin Conditions: (urticaria)

Eczema

Skin rashes

Hives

Please complete our TYG wellness quiz. While there's more to it than a single quiz, the answers below can give you a good idea of how happy your gut really is. Circle the number that most closely fits, then add up your results.

TYG Wellness Questionnaire

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
Constipation and/or diarrhea	0	1	2	3	Asthma, hayfever, or airborne allergies	0	1	2	3
Abdominal pain or bloating	0	1	2	3	Confusion, poor memory or mood swings	0	1	2	3
Mucous or blood in stool	0	1	2	3	Use of NSAIDS (Aspirin, Tylenol, Motrin)	0	1	2	3
Joint pain or swelling, arthritis	0	1	2	3	History of antibiotic use	0	1	2	3
Chronic or frequent fatigue or tiredness	0	1	2	3	Alcohol consumption makes you feel sick	0	1	2	3
Food allergies, sensitivities or intolerance	0	1	2	3	Ulcerative colitis or celiac's disease	0	1	2	3
Sinus or nasal congestion	0	1	2	3	Nausea	0	1	2	3
Chronic or frequent inflammations	0	1	2	3	Weight Trouble	0	1	2	3
Eczema, skin rashes or hives (urticaria)	0	1	2	3					

YOUR TOTAL: _____