ASHI HEALING AND ACUPUNCTURE INC

INFORMED CONSENT FOR CONSULTATION AND TREATMENT

This document contains both English and Chinese versions. The Chinese version follows the English version below. 本文件包含英文和中文版本。中文版本紧随英文版本之后。

Scope of Services

I understand that I am voluntarily seeking consultation and treatment from Ashi Healing and Acupuncture Inc., which may include:

- **Consultation** – Evaluation of my health condition and recommendations for Traditional Chinese Medicine (TCM) or supplement protocols.
- **Chinese Herbal Therapy** – Prescription of herbal formulas derived from plant, animal, and mineral sources, taken as teas, pills, powders, or tinctures.
- **Modern Supplement Protocols** – Recommendations of vitamins, minerals, amino acids, and other natural supplements based on my health needs.
- **Acupuncture Treatments** – Including but not limited to acupuncture, moxibustion, cupping, electroacupuncture, and Tui-Na (Chinese massage).

Risks and Possible Side Effects

I understand that all forms of treatment, including acupuncture, Chinese herbal therapy, and modern supplement protocols, have potential risks, side effects, and contraindications, including but not limited to:

- **Chinese Herbal Therapy**
    - Herbs and supplements are traditionally considered safe, but may cause digestive discomfort, nausea, bloating, gas, diarrhea, headache, skin rashes, or allergic reactions.
    - Some herbs may be toxic in large doses or contraindicated for certain conditions (e.g., pregnancy, high blood pressure, or medication interactions).
    - I will follow all dosage instructions carefully and inform the practitioner immediately if I experience any adverse reactions.
- **Modern Supplement Protocols**
    - While nutritional supplements support health, excessive or improper use may lead to side effects such as gastrointestinal upset, headaches, or allergic reactions.

  - Certain supplements may interact with prescription medications, and I am responsible for consulting with my physician if I have concerns.

- **Acupuncture & Associated Therapies (Moxibustion, Cupping, Electroacupuncture, Tui-Na)**
  - Temporary bruising, soreness, numbness, tingling, or minor bleeding at needle sites.
  - Rare risks include infection, burns, dizziness, fainting, nerve damage, or organ puncture (e.g., pneumothorax - lung puncture).
  - Cupping may cause temporary skin discoloration.

No Guarantee of Results

I understand that the practice of acupuncture, herbal therapy, and natural supplements is not an exact science, and results cannot be guaranteed. While many patients experience significant improvements, outcomes vary based on individual health conditions.

Medical Disclaimer

I acknowledge that consultation, acupuncture, herbal therapy, and supplement recommendations provided by Ashi Healing and Acupuncture Inc. are not a substitute for medical diagnosis, treatment, or emergency care.

- I understand that licensed acupuncturists are not medical doctors and do not provide Western medical diagnoses, surgical procedures, or emergency treatments.
- If I have a serious medical condition, worsening symptoms, or an emergency, I will seek immediate medical attention from a licensed physician or emergency medical services.

Confidentiality & Patient Records

I understand that my health records are confidential and will not be released without my written consent, except as required by law. I have been provided access to the HIPAA Privacy Notice, which explains how my information may be used and disclosed.

Financial Responsibility & Cancellation Policy

- I understand that acupuncture, herbal therapy, and supplement consultations may not be covered by insurance and that I am financially responsible for all services provided.
- Payment is due at the time of service, unless prior arrangements have been made.
- Fees for consultations, treatments, prescribed herbs, and supplements are non-refundable once services have been rendered or products dispensed.

- I agree to provide at least 24 hours' notice for appointment cancellations or rescheduling, or I may be charged a cancellation fee.

阿是中医诊所 (Ashi Healing and Acupuncture Inc.)

治疗与咨询知情同意书

服务范围

我明白我是自愿在 **阿石中医诊所** 接受咨询和治疗，包括:

- **咨询** - 评估我的健康状况，并提供中医或营养补充方案的建议。
- **中草药治疗** - 处方由 植物、动物和矿物来源 组成的草药配方，服用方式包括汤剂、丸剂、粉末或酊剂。
- **现代营养补充方案** - 根据我的健康状况推荐维生素、矿物质、氨基酸及其他天然营养品。
- **针灸治疗** - 包括但不限于 针灸、艾灸、拔罐、电针、推拿。

风险与可能的副作用

我明白所有治疗方法，包括针灸、中草药疗法和现代补充方案，都可能有 **风险、副作用或禁忌**，包括但不限于:

- **中草药治疗**
    - 服用草药可能会引起 胃肠不适、恶心、腹胀、腹泻、皮疹、头痛或过敏反应。
    - 某些草药剂量过大会产生毒性，或不适用于孕妇或某些疾病患者。
    - 我会按照指示服用，如有任何不适，我会立即通知医生。
- **现代营养补充方案**
    - 营养补充品可能会导致 胃肠不适、头痛或过敏反应，并可能与 处方药 产生相互作用。
    - 我将自行咨询医生以确定是否适合服用。
- **针灸及相关疗法（艾灸、拔罐、电针、推拿）**
    - 针刺部位可能出现瘀血、酸痛、轻微出血、麻木或刺痛。
    - 罕见但可能的风险包括 感染、烫伤、晕针、神经损伤或器官穿刺（如气胸）。
    - 拔罐可能导致 暂时性的皮肤色素沉淀。

医疗免责声明

我明白针灸、中草药疗法及营养补充 不能替代医学诊断或紧急医疗护理。

- 针灸师并非西医医生，不提供 西医诊断、手术或急救治疗。
- 若病情严重或紧急，我会立即就医。

财务责任与取消政策

- 我对所有服务费用负全责，并理解其可能不在保险范围内。
- 费用 需在服务当天支付，所有已提供的服务或药品 不可退款。
- 预约取消需提前 24 小时通知，否则可能收取取消费用。