

Notice and Consent as to Nature of Services

I understand that some of the care I receive from Dr. Aman and other RESTORE practitioners may be non-traditional or non-conventional. Such services are commonly referred to as complementary or alternative medicine (ACM or CAM), holistic care, or integrative medicine. This can include a variety of innovative medical treatments as well as acupuncture, nutritional and herbal consultation, and mind-body approaches to care. Many of these services may not be recognized as standard medical practice, generally accepted by the medical community, or approved by the Food and Drug Administration or other regulatory agencies. While many of these approaches have long been practiced, they may still be considered investigational or experimental. I am seeking care from Dr. Aman and/or other RESTORE practitioners to benefit from their special training in integrative medicine and receive advice and treatment about such care.

Nutritional and Herbal Guidance: Consultations may include discussion of diet, dietary supplements, and herbal or botanical products. While herbs and botanical products are generally available over-the-counter and considered safe based upon their long history of use, many of them have not been widely tested. There is some risk that these products could prove harmful, particularly if I am allergic to them, which in rare circumstances could lead to serious consequences. I understand that interactions between herbs, and between herbs and drugs, are not yet well known. While unlikely, I could have an adverse reaction or experience a reduction or increase in the effect of other medications. This can have serious consequences for some medications, such as for high blood pressure or blood sugar. I will let Dr. Aman and/or other RESTORE practitioners know what herbs I am taking. And I agree to notify Dr. Aman and/or other RESTORE practitioners if I experience any interactions or adverse experiences or reactions; if they are not serious I will notify Dr. Aman and/or other RESTORE practitioners to ask for their assistance and if serious, I agree to seek emergency care first before notifying Dr. Aman and/or other RESTORE practitioners.

Recommendations could include fasting and other forms of detoxification. While this is generally safe, some people may experience a healing crisis, which may be a short period in which one's symptoms increase, or a period of a flu-like illness during which there could be some mild fever, chills, dizziness, loss of appetite, and so forth. Such an experience, while unpleasant, can signal that the body is effectively detoxifying or undergoing a healing effort.

Mind/Body Medicine: Mind/body medicine is an emerging medical view intended to improve patient well-being by improving lifestyle, capacity to function in a meaningful and effective way, and reversing the impacts of stress. Because stress and emotional states may play an important role in my medical conditions, Dr. Aman and/or other RESTORE practitioners may assist me in recognizing more successful approaches to lifestyle and mind/body approaches such as meditation, massage, or other stress management techniques.

I have read and understand the nature of the services provided by Dr. Aman and/or other RESTORE practitioners. I represent that I am seeking treatment to further my own health and for no other reason. I agree to take a responsible role in improving my own health and discuss advice and suggestions of Dr. Aman and/or other RESTORE practitioners as presented in a treatment plan. I acknowledge that if I do not follow the treatment plan as provided, I may not receive the full benefit of the treatments proposed by

