

Informed Consent

I hereby consent Dr. Meng Xiong, ND, LAc at Regional Chiropractor Center to provide me with recommendations for my health conditions. I understand that these recommendations may include, but not limited to diet and lifestyle, clinical nutrition, supplements, physical medicine, mind-body medicine, homeopathic, and botanical medicine.

Clinical Nutrition and Supplements: Food is the best medicine, and it is the foundation of Naturopathic practice. NDs use the following, but not limited to, nutrition and supplements to treat many medical conditions with fewer complications and side effects.

Mind-Body Medicine: Emotional states and mental attitudes can influence or even cause physical illness. Mind-body medicine focuses on nutrition, counseling, stress management, and other therapies to address mental well-being and help patients heal psychologically.

Physical Medicine: An integral modality in naturopathic medicine that focuses on treating disorders of somatic tissues using, but not limited to, manual therapy, physiotherapy, and hydrotherapy.

Botanical Medicine (Herbal Medicine): The use of plants or plant extracts to treat illnesses internally or topically. When administered properly, botanical medicine can address a variety of health conditions effectively with minimal side effects.

Homeopathy: Homeopathy is treating disease or symptoms using the principle of "like cures like." Homeopathy remedies, derived from natural substances (plants, animals, minerals, etc), are low dose and stimulate the body's innate healing ability

Hydrotherapy: The use of water to promote healing and maintain health. Warm/hot water expands blood vessels and increases blood flow, while cold water contracts blood vessels to contract and decrease blood flow. The use of hot and cold water changes the temperature in an area and accelerates blood flow. The increase in blood flow brings in immune cells that are beneficial for healing. Hydrotherapy techniques include hot and cold compresses, steam bath, hyperthermia/peat bath, foot soak, and more.

I understand that the recommendations provided to me are not medical advice and are not the standard of care for my conditions and I do not have to follow the recommendations provided to me by Dr. Meng Xiong. I understand that it is recommended to have a licensed medical practitioner as part of my team care to evaluate any signs or symptoms. If an emergency arises, I will seek emergency services.

I understand that while Naturopathic Medicine is accepted as primary care medicine in many states, the State of North Carolina does not regulate Naturopathic Medicine and that Dr. Meng Xiong, ND, LAc, is not a licensed practitioner in the state of North Carolina. However, he is a licensed Naturopathic Physician and Acupuncturist in Washington state and has met all of the requirements as a Primary Care Physician.

By voluntarily signing below, I show that I have carefully read, or have had read to me, the above informed consent. I understand the risks and benefits of the recommendations given to me by Dr. Meng Xiong. I understand that I may ask questions regarding my recommendations before signing this form and that I am free to withdraw my consent to the above recommendations, realizing no guarantees have been given to me by Regional Chiropractor Center regarding cure or improvement of my condition. I understand that a record will be kept of the health services provided to me. I hereby acknowledge that I am financially responsible for services rendered and consent to recommendation for my present condition and for any future condition(s) for which I seek recommendations.

Printed Name Date

Signature (In case of minor, parent or guardian must sign)