



Consent for Herbal Medicine

Please read this information carefully, and ask your practitioner if there is anything that you do not understand.

What is Chinese herbal medicine?

For more than 5,000 years, Chinese herbal medicines have helped people live longer, healthier lives. "Herbal medicine" refers to the use of a plant's seed, berries, roots, leaves, bark or flowers for medicinal purposes. Chinese medicine treats the whole person and not the disease—each prescription will be matched exactly to your condition and needs.

Is Chinese herbal medicine safe?

Chinese herbal medicine is generally very safe.

Does Chinese herbal medicine have side effects?

If Chinese herbs are prescribed by a qualified practitioner and the formula matches the pattern, they are virtually without side effects. Most Chinese medicinal have very low toxicity. Toxic parts of plants are removed or processed to eliminate toxicity. Herbs with potential side effects are combined appropriately and given in small doses only. The most common side effect may be some bloating because of the cloying nature of tonic herbs. This can easily be corrected by adding digestive herbs into the prescription.

In addition, if there are particular risks that apply in your case, your practitioner will discuss these with you.

Is there anything your practitioner needs to know?

Chinese medicine diagnosis is made based on "discrimination of patterns of disharmony". The practitioner will take a thorough health history, ask questions regarding all body functions, feel the wrist pulse, look at the tongue and palpate certain body areas. The various findings are combined into a composite diagnosis regarding which body systems are in disharmony, based on Chinese medical theory. All medicinal substances as well as foods are classified and described according to several categories, e.g. their flavor, their energetic temperature and their therapeutic properties.

Statement of Consent

I confirm that I have read and understood the above information, and I consent to taking Chinese herbal medications as prescribed. I understand that I can refuse treatment at any time.

Signature _____ Date _____

Print Name in full _____