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## Informed Consent

Naturopathic Medicine is the treatment and prevention of disease by natural means. Naturopathic Doctors assess the whole person and use gentle, non-invasive techniques in order to stimulate the body's innate healing capacity.

A number of different disciplines maybe used throughout the course of treatment. They are as follows:

**Clinical Nutrition:** Nutritional supplements and individualized diets maybe recommended to address deficiencies, treat disease processes, and promote health. Benefits include increased energy, improved gastrointestinal function, enhanced immunity, and fewer allergies.

**IV Nutritional Therapy:** Administration of high dose nutrients (minerals, vitamins, nutraceuticals, amino acids and herbal medicines) through the venous system in order to maximize absorption and assimilation.

**Botanical Medicine:** This plant-based medicine involves the use of tinctures, teas, capsules, and creams to assist the body in recovery from disease or injury.

**Traditional Chinese Medicine:** Acupuncture, Chinese herbs, and diet are combined to re-establish homeostasis in the body.

**Homeopathy:** Minute amounts of plant, animal, or mineral origins are used to stimulate the body's inherent healing capacity. It is an energetic type of medicine that affects the individual on a physical and emotional level.

**Hydrotherapy:** The use of hot and cold-water applications to improve blood circulation, stimulate the immune system, and move nutrients to areas that need to be healed.

**Spinal Alignment:** A hands-on technique used to re-align the spine and extremities in order to treat musculoskeletal and neurological conditions.

**Counseling:** A discussion of an individual's background, risk factors, and lifestyle in order to assist the patient in strengthening their physical, mental and emotional environment.

**Prescription Medication:** Prescription of pharmaceutical medication as deemed necessary by the physician. This includes Bio-Identical Hormone Therapy as well.

During your initial visit, your Naturopathic Doctor will take a thorough case history and perform a physical exam. Blood work maybe performed outside of the clinic if necessary.

Even the gentlest therapies may cause complications in certain conditions. Therefore, it is important to inform your doctor if you are suffering from any heart complications, kidney problems, or liver disease. Please let your doctor know if you are pregnant or lactating since some treatments are contraindicated in these conditions. Let us know of any prescription, over-the-counter, or herbal medications you are taking.

There are some slight health risks associated with Naturopathic Medicine. These include but are not limited to:

- Aggravation of pre-existing symptoms
- Allergic reaction to supplements or herbs
- Pain, bruising or injury from acupuncture needles
- Muscle strains/sprains from spinal manipulation

**Please Initial:**

\_\_\_\_\_ I understand that a record will be kept of my visits. This record will be kept confidential and will not be released without  
**Initial** my consent. I understand that I may look at my medical records at any time and can request a copy of them.

\_\_\_\_\_ I understand that the Naturopathic Doctor will answer any Initial questions to the best of her ability. I understand that the  
**Initial** results are not guaranteed.

\_\_\_\_\_ I understand that charges are to be paid at the time of the scheduled visit. Payment for all dispensary items is  
**Initial** also due at the time of the visit.

\_\_\_\_\_ There is a 24 hour cancellation policy. Any missed appointments will be charged 75% of the visit fee.  
**Initial**

I have read and understand the above-stated policies and information. I intend this consent form to cover the entire course of treatment for my present condition. I understand that I am free to withdraw my consent and to discontinue treatment at any time.

Patient Name (please print): \_\_\_\_\_

Signature of Patient or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

