

Healing Room Informed Consent

Red & Infrared Light Therapy

NASA originally began experimenting with red light therapy on plant growth in space and then to help heal wounds in astronauts. Over 5,000 published studies have shown specific wavelengths to have the greatest biological impact on the cells of the human body. Red light is used to treat some skin conditions, rosacea, psoriasis, and acne. Infrared light is used for detoxification, pain relief, muscle tension, improved circulation, weight loss, diabetes, boosting of the immune system and lowering of blood pressure. Join Dr. Tricia to learn more about the advances of light therapy.

Photostimulation

Many people use photostimulation as an adjunct for deep relaxation. Also known as “light & color therapy,” photostimulation aids relaxation by exposing the patient to doses of flashing colored light. Light and color therapy has been utilized for many different conditions with beneficial results. People who are photosensitive, epileptic or photoepileptic, whether knowingly or not, should not use a pulsed light device.

As Wellness Counseling is a holistic approach to health, lifestyle is considered relevant to most health problems. Your practitioner will help you identify risk factors and make recommendations to help you optimize your physical, mental, and emotional environment. Your practitioner will take a thorough case history.

Declaration and Consent to Treatment

Even the gentlest therapies have their complications. Certain conditions such as pregnancy, lactation, those on multiple medications or who have certain diseases such as diabetes, heart, liver or kidney disease, or are very young need to proceed with caution in treatment. It is very important that you inform your practitioner immediately of:

- Any disease process that you are suffering from;
- If you are on any medication or over the counter drugs;
- If you are pregnant, suspect you are pregnant, actively attempting to become pregnant or if you are breast-feeding.

There are some potential health risks to treatment by natural practitioner. These include but are not limited to:

- Aggravation of pre-existing symptoms
- Allergic reactions to supplements or herbs

I understand that my practitioner will answer any questions that I have to the best of his/her ability. I understand that results are not guaranteed. I do not expect the practitioner to be able to anticipate and explain all the risks and complications. I will rely on the practitioner to exercise their judgment during the course of procedures which they

