



Consent for Integrative Wellness Services including Naturopathic Health Coaching and Traditional Chinese Medicine Consultation

Catawba Natural Healing LLC

Practitioner Information

I understand that Dr. Amy Lor is a licensed Acupuncturist in the State of North Carolina and a Naturopathic Doctor.

I understand that Dr. Lor has completed graduate-level education, clinical training, and national board certification in acupuncture and Naturopathic medicine.

I understand that Dr. Lor is not licensed, certified, or registered as a “Naturopathic Doctor” or “Naturopathic Provider” in the State of North Carolina, and that naturopathic health coaching, wellness education, nutritional guidance, and lifestyle recommendations are provided within the legal scope permitted in North Carolina.

Nature of Services

Catawba Natural Healing LLC is an integrative wellness clinic that may provide services including Traditional Chinese Medicine (TCM), acupuncture, naturopathic health coaching, wellness education, nutritional support, and adjunctive natural therapies.

I understand that recommendations and services provided are intended to support wellness, health optimization, and functional balance and are not intended to replace primary medical care, emergency care, or mental health services.

I understand that I should remain under the care of a licensed medical physician for routine medical evaluations, diagnosis, emergency care, medications, and management of serious or life-threatening conditions.

Possible Services and Therapies

I voluntarily authorize the practitioner(s) to provide services and recommendations that may include, but are not limited to:

Evaluation and Assessment

- Health history review
- General wellness assessments
- Traditional Chinese Medicine evaluations
- Tongue and pulse assessment
- Lifestyle and nutritional evaluation

Acupuncture and Traditional Chinese Medicine

- Acupuncture using sterile, single-use disposable needles
- Electro-acupuncture
- Auricular acupuncture
- Acupressure
- Moxibustion
- Cupping therapy
- Gua Sha
- Tui Na or bodywork techniques
- Exercise and movement recommendations
- LED Light therapy
- Heat therapies and infrared therapies

- Nutrition counseling
- Lifestyle recommendations

Wellness and Naturopathic Health Coaching Recommendations

- Nutritional counseling
- Dietary modifications and wellness planning
- Lifestyle recommendations
- Stress management recommendations
- Sleep and wellness support strategies
- Educational wellness coaching
- Lab recommendations

Herbal, Nutritional, and Natural Recommendations

- Botanical and herbal recommendations
- Vitamins and nutritional supplements
- Minerals, amino acids, and nutraceuticals
- Topical preparations and natural wellness products

I understand that herbs, supplements, or tinctures may contain plant, mineral, animal-derived substances, or alcohol-based extracts.

I understand that recommendations provided are not prescriptions unless specifically stated otherwise by a licensed prescribing provider.

Risks, Side Effects, and Possible Reactions

I understand that although complications are uncommon, risks and side effects may occur from integrative therapies and wellness recommendations.

Possible risks and side effects may include:

- Temporary soreness or discomfort
- Bruising or discoloration
- Minor bleeding
- Dizziness or fainting
- Fatigue
- Skin irritation or sensitivity
- Burns or blistering from heat therapies or moxibustion
- Temporary aggravation of symptoms
- Infection
- Allergic reactions to herbs, supplements, oils, or topical products
- Nausea or digestive upset
- Emotional release or temporary mood changes
- Rare risk of needle sickness or retained/broken needles
- Injury to soft tissues, nerves, or underlying structures (rare)

I understand that unforeseen side effects or complications may occur.

Patient Responsibilities and Disclosure

I agree to inform the practitioner if I:

- Am pregnant or suspect pregnancy
- Have a pacemaker or implanted medical device
- Have a bleeding disorder or use blood thinners
- Have epilepsy or seizure disorders
- Have active infections or contagious illnesses



- Have cancer or a serious medical condition
- Have allergies or sensitivities
- Am currently under medical or psychiatric care
- Am taking prescription medications, herbs, or supplements
- Experience discomfort or adverse reactions during treatment

I understand that failure to disclose relevant medical information may increase risks associated with treatment.

Pregnancy Notice

I understand that certain acupuncture points, herbs, supplements, and therapies may not be appropriate during pregnancy.

I agree to notify the practitioner immediately if I become pregnant or suspect pregnancy.

Labor-inducing techniques or recommendations will not be used unless specifically authorized or requested as part of labor preparation and appropriate medical clearance has been obtained when necessary.

No Guarantees

I understand that responses to treatment and wellness recommendations vary between individuals.

I acknowledge that no guarantees or warranties have been made regarding outcomes, symptom improvement, or resolution of any condition.

I understand that the practice of acupuncture, Traditional Chinese Medicine, wellness coaching, and natural health support is not an exact science.

Confidentiality and Records

I understand that records of my care will be maintained confidentially in accordance with HIPAA and applicable state and federal privacy laws.

I understand that my records may be released only:

- With my written authorization
- As required by law
- For healthcare operations, billing, or treatment purposes as permitted by law

I understand that I may request access to or copies of my records, and applicable administrative fees may apply.

Consent to Treatment and Wellness Recommendations

I understand that I may ask questions regarding any treatment, recommendation, or procedure before consenting.

I understand that I may refuse or discontinue any treatment at any time.

By signing below, I voluntarily consent to receive integrative wellness services, acupuncture, Traditional Chinese Medicine therapies, and naturopathic health coaching recommendations from Catawba Natural Healing LLC and its practitioners.

I certify that I have read and understood this form and have had the opportunity to ask questions prior to signing.