

Zen Wellness by Cecily

A Healthy Outside Starts from the Inside

Client Information: Please print info below				
Name	Adress	City	State	Zip Code
Cell Number	Home Number	Email		
How did you hear about us?		Birthdate		

Are you currently under a MD or ND's care? If yes, please explain and list Doctor's name:

Have you ever had a Colonic before? If so, when?

Other forms of detox:

List all known allergies:

List all surgeries within the last 5 years:

List all medications of Pro-biotic Supplements:

Are you pregnant? If so, how many months?

Bowel Habits and Elimination:

How many times do you have a bowel movement? ___/Day ___/Week

Bowel movement occurs(circle one):

Only after eating

Requires straining

Effortless

Have you ever had rectal bleeding? If so, when?

Do you use any of the following(circle those that apply):

Laxative

Herbal laxative

Stool softener

Suppositories

Enemas

Health Challenges:

Please circle any current health challenges & underline past problems:

Constipation	Indigestion	Ulcers	Headaches	Parasites	Psyche Disorders
Sinus Problems	C.F.S.	Cysts/Tumors	Prostate Problem	Urination	Irritability
Diarrhea	Belching	Colitis	Dizziness	Problems	Dental Issues
Herpes	immune Disorder	Birth Control Pills	Liver	Yeast infections	Diabetes
Hemorrhoids	Flatulence/Gas	Arthritis	Allergies	Breast Implants	
Parkinson's	Cancer	Antibiotic Uses	Gallbladder Issue	Insomnia	

Diet:

List all the supplements you are currently taking:

List the frequency of digestion for those that apply in the following list:

Coffee or Teas ___/week

Sugar ___/week

Dairy products ___/week

Carbonated drinks ___/week

Water ___/week

Wheat Products ___/week

Are you vegetarian?

Are you following a Diet Program? (If so, what is the name?)

General:

What types of exercise do you do and how often?

Have you had dental work done in the last 6 months?

How many silver/mercury fillings do you have in your mouth?

What do you hope to achieve for this appointment?

CONTRAINDICATIONS:

A contraindication is any indication or symptom that makes it inadvisable to use a particular therapy.

The following are contradictions for colon hydrotherapy:

If any of these apply to you, we are not able to treat you with colon hydrotherapy at the present time.

- | | |
|---|---|
| Anal Fissure/Fistula(a tear in the colon) | Rectal Bleeding (except for minor hemorrhoids) |
| Hemorrhoids(Severe Bleeding) | Cirrhosis |
| Anemia(Severe) | Renal insufficiency |
| Hernia(Abdominal/ Inguinal) | Colostomy |
| Aneurism | Tumor in the Rectum or Large Intestine |
| Kidney Dialysis | Crohn's Disease (acute inflammatory of bleeding stages) |
| Cardiac Disease(Severe,Uncontrolled Hypertension of | Ulcerative Colitis (Active or Bleeding) |
| Congestive Heart Failure) | GI Hemorrhage/Perforation |
| Pregnancy(up to4 months) | |

The listed conditions below requires a written referral front an MD orND.

Please call us to discuss your situation. We will do what we can to help you.

- Crohn's Disease(Regional Enteritis)
- Acute Colitis
- Several Diverticulosis/Acute Diverticulitis
- Colon Cancer(MD approval needed on integrity of colon)
- Colon Surgery (Less than 6 months post-op needs MD approval on integrity of colon)

Please sign below confirming you do not have any of the following contraindications.

_____	_____
Client Signature	Date

COLON HYDROTHERAPY LIABILITY WAIVER:

Cancellation Policy:

Because your therapist and treatment room time are specially reserved for you, a minimum of 24 hours notice is required for rescheduling/cancelling to avoid a full payment of the session.Please call or text(951)552-0167 to notify us.

If you do not call, text or leave a voicemail to cancel your appointment, your appointment will automatically be canceled within 15 minutes.

Late arrivals will result in shortened treatment time.The full service charge will remain the same.Please be sure to arrive at least 15 minutes before your scheduled appointment to ensure time to fill out any forms for first-time services.

Disclaimer:Colon Hydrotherapy is not intended to replace the relationship with your primary health care providers and Colon Hydrotherapy is not intended as medical advice.They are intended as a sharing of knowledge and information from my education, research, training, and experience.As Colon Hydrotherapists, we encourage you to be open to new information on the effectiveness of colon hydrotherapy and the fundamental role of diet, exercise, supplementation, stress management, and emotional/mental work. We encourage you to make your own health care decisions based upon your research and in partnership with your primary health care providers, ND, MD, or otherwise.

The information and service provided is not used to prescribe, recommend, diagnose, or treat a health problem or disease. It is not a substitute for medical care.

Liability Waiver: I understand that the Colon Hydro Therapist does not diagnose illness, disease or any other physical or mental disorder.As much, the Colon Hydro Therapist does not prescribe medical treatment or pharmaceuticals.It has been made very clear to me that Colon Hydrotherapy is not a substitute for medical examinations and/or diagnosis and that it is recommended that I see a physician for any physical ailment that I might have. Because a Colon Hydro Therapist must be aware of existing physical conditions, I have stated all my known medical limitations and take it upon myself to keep the Colon Hydro Therapist updated on my physical health.

**I have read and understood the Cancellation Policy, Disclaimer Information and Liability Waives.
I have also read the list of contraindications and confirm that I DO NOT have any of the conditions listed above.**

_____	_____
Client Signature	Date

**Notice Designed to comply with the State of California Guidelines in
The Business and Professions Code of the State of California:Section 2053.6**

*****All clients must read, understand, and sign this disclosure*****

Colon Hydrotherapy services provide at this center complies with Section 2053.6 to the Business and Professions Code of the State of California. In compliance with the Code, you must be advised:

- A) There are NO licensed physicians at this center and the individual performing colon hydrotherapy is ONLY a Colon Hydrotherapist, they are not a physician. This means and implies that they cannot and will not:
1. Conduct surgery or any other procedure on another person that punctures the skin or harmfully invades the body.
 2. Administer or administer X-ray radiation to another person.
 3. Prescribe or administer legend drugs or controlled substances to another person.
 4. Recommend the discontinuance of legend drugs or controlled substances prescribed by an appropriately licensed practitioner.
 5. Willfully diagnose and treat a physical or mental condition of any person under circumstances or conditions that cause or create a risk of great bodily harm, serious physical or mental illness, or death.
 6. Set fractures.
 7. Treat lacerations or abrasions through electrotherapy.
 8. Hold out, state, indicate, advertise, or imply to a client or prospective client that he or she is a physician, a surgeon, or a physician and surgeon.
- B) Colon Hydrotherapy is alternative or complementary to healing arts services licensed by the state.
- C) The services of Colon Hydrotherapy and the Therapist that provide the services are not licensed by the state.
- D) The session of Colon Hydrotherapy includes the following procedures:
1. The client will insert and retract the speculum.
 2. Warm (temperature and pressure controlled) water will flow into the colon softening the fecal material, which will be released through normal peristalsis into the sewer.
 3. Your dignity and modesty will be maintained at all times.
 4. The session will last approximately 30-45 minutes.
- E) The theory of treatment upon which Colon Hydrotherapy is more historical and intuitive than scientific as there have not been any studies to validate the effectiveness of the modality. However, many cultures and societies believe that a clean colon can enhance the health of the individual. This started thousands of years ago with the simple enema and has evolved into the present day colonic. Many people simply report they feel better after a Colonic. On the other hand, there is a growing number of health care practitioners that believe in the concept of auto-intoxication, That a sluggish bowel (one that is not regular) allows the body to reabsorb toxins from the colon. His theory may or may not have validity depending on who you listen to, but we know there is increased level of toxins in our environment and common sense tell us that anything we can do to assist the body of ridding itself of toxins should have some value.
- F) Cecily-Bing Ding has been certified and follows the I-ACT Standard Operating Procedures Regulations and Guidelines

I have acknowledged that I have read the about disclosure and have been given a copy of the document. This information was provided to me in language I can read and understand.

Client Signature

Print Name

Date

