



NCR Informed Consent

NeuroCranial Restructuring Clinic

This letter confirms that I am aware of the effects of NCR, as well as potential risks associated with NeuroCranial Restructuring treatment with Jillian Sarno, ND. Specifically, I am aware of the following facts regarding NeuroCranial Restructuring:

1. NCR is a treatment to optimize structure, and as such is not a cure-all treatment.
2. NCR does not replace a healthy diet, appropriate exercise, sleep or a healthy lifestyle as essential components of natural therapy.
3. NCR is, therefore, not the primary therapy for severe degenerative diseases, autoimmune diseases, systemic infections or cancer and is not advisable with an acute fracture.
4. After NCR balloon inflation, the balloon may stay inflated for a few seconds in the top of my throat, and it will be quickly deflated and removed. It is also remotely possible for the balloon to break and fly into my throat.
5. After NCR treatment,
 1. I may feel fatigued
 2. I could have a sore nose and throat
 3. My nose could drain a lot of mucous
 4. Sinus infection symptoms could temporarily worsen
 5. I may rarely have a bloody nose
 6. I could have temporary aching or traveling pains in my head
 7. Pain sensations in my body could be different from my typical patterns and could temporarily be more severe than usual
 8. I may feel spacey or disoriented
 9. I may have a reaction similar to influenza or a head cold for up to three days
 10. My body could feel sore for a few days
 11. I may feel excited, nervous or euphoric, interfering with my ability to sleep
 12. I will probably have a straighter posture and more symmetrical facial features
 13. I will probably have less pain and greater mobility in my body
 14. I will probably experience improved function of my spine, joints and muscles as well as better functioning of my jaw, nose, eyes, ears and brain
 15. I will probably feel mentally and emotionally clearer, more composed and better able to deal with stress
 16. I will probably feel happier and more energetic as my treatments accumulate
6. I am also aware that I am in a temporarily fragile state for about a month after I have received NCR.
 1. This means that I may reverse the benefits of treatment with illness, accidents, excessive stress or inappropriate activities
 2. I will restrict my activities (i.e. not taking on anything new or attempting any personal bests) even though I will probably have less pain and may not want to
 3. I will avoid massage as well as bone and muscle manipulation of all kinds for the following month, and will also attempt to avoid dentistry and similar situations that are potentially traumatic
 4. I will try to exercise mildly, regularly (or as you did before treatment), choosing bilaterally symmetrical activities to promote continuing the benefits that began with treatment
 5. I will try to avoid excessive activities that feature traumatic activities that include jarring, hitting, shocking and/or excessively fatiguing my body
 7. I have also been informed that NeuroCranial Restructuring is a gradual, cumulative therapy, requiring multiple treatments for initially satisfactory results and improving with more therapy.
 8. I feel comfortable with this information, and as a client of the Naturopathic Health Clinic of NC, will contact Jillian Sarno with any problems.

Date Signature of Client
Original to: Chart