

# Informed Consent

As with all diet and exercise programs, consult your health practitioner prior to beginning this program. This person will be your primary contact with regard to any unusual health issues you may experience while on this program. Healing Waters Wellness Center, LLC / Dr. Linda Potts are acting in the capacity of coach only, not a primary health care practitioner.

## POTENTIAL RISKS

Homeopathic hCG has been known to be virtually free of negative side effects. However, there are a few conditions which can be potential issues with the hCG protocol:

### Gout

Gout typically develops after a number of years of buildup of uric acid crystals in the joints and surrounding tissues.

Symptoms: Warmth, pain, swelling, and extreme tenderness in a joint, usually a big toe joint. Pain that starts during the night and is so intense that even light pressure from a sheet is intolerable. Rapid increase in discomfort, lasting for some hours of the night and then easing during the next few days occurs. As the gout attack subsides, the skin around the affected joint may peel and feel itchy.

Other symptoms may include: Very red or purplish skin around the affected joint, which may appear to be infected. Fever. Limited movement in the affected joint.

History of previous episodes.

### Gallbladder Disease

Homeopathic hCG has no effect on gallbladder disease. However, on this protocol, you will follow a very low-calorie, low-fat diet that can trigger a gallbladder attack in individuals who are genetically pre-disposed to gallbladder disease. If your gallbladder has been removed, treatment can proceed normally without risk.

Symptoms: Epigastric or right upper quadrant pain accompanied by nausea or vomiting; a desire to walk in order to alleviate the pain.

History of previous episodes.

### Elevated Blood Pressure

For elevated blood pressure, a diuretic may be required as well as increased potassium intake. If you follow the protocol, you will not need to take them very long since weight loss has such a dramatic effect on blood pressure. Please check with your primary health care practitioner on this issue.

## CONSIDERATIONS

Most conditions are improved by taking oral Homeopathic hCG. Reports include improvement in sleep, skin and mood; a stabilization of blood sugar, blood pressure and cholesterol; and an improvement of psoriasis, peptic ulcers and hair loss.

### Alcohol Sensitivities

Homeopathic drops may be given in a teaspoon of water if you are sensitive to alcohol. The dose should be allowed to remain in the mouth (under the tongue) for at least 10 seconds before swallowing.

### **Allergies**

The possibility of adverse reaction should be considered if you have a history of allergy or sensitivity to any ingredient.

### **Persistent Pain or Condition**

If pain or condition persists or worsens, it may be an indication that there is a more serious underlying condition. Seek medical treatment if symptoms continue, worsen or recur for more than 7 days.

### **Pregnant or Lactating**

As with any drug, if you are pregnant or nursing a baby, seek the advice of a health professional before using this product.

### **Children under 12 Years of Age**

Consult a homeopathic physician for use in children under 12 years of age.

While homeopathic remedies do not have negative side effects (such as those commonly associated with synthetic drugs), a "proving" may occur within the first 72 hours of taking the remedy. Proving is a symptom caused by the action of the homeopathic, are generally mild in appearance and may be determined by discontinuing the dosage. If symptoms do not lessen within 24 hours, it is not likely that they were caused by the homeopathic.

It is natural for modest symptoms to be exhibited during the healing and cleansing of the body, but when symptoms grow in intensity or persist for a prolonged length of time, other causes should be investigated.

## **Legal Disclaimer**

Any claims made about this product have not been evaluated by the United States Food and Drug Administration (FDA) and are not approved to diagnose, treat, cure or prevent disease. The information provided is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional. You should not use the information in this literature for diagnosis or treatment of any health problem. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem.

Do not use during pregnancy or while nursing except as directed by your health care professional. Always work with a doctor's supervision for maximum safety. As with any drug, if you are pregnant or nursing a baby, consult a health professional before using this product. Consult a physician for use in children under 12 years of age. If conditions worsen, recur or persist for more than 7 days, consult your physician. Keep out of reach of children. Do not use if tamper resistant seal is broken or missing.

With homeopathic remedies, while adverse reactions are extremely rare, there is always the potential for an allergic or unusual reaction that may cause skin rash, difficulty breathing, collapse or even death.

Further, hCG has not been approved by the FDA as a weight loss product. For this reason, it will not be sold as a single item, but rather as an element of this weight loss program.

## Notice of Privacy Practices

In accordance with HIPAA federal regulations, Healing Waters Wellness Center, LLC / Dr. Linda Potts will not disclose any information about you or your personal health without your permission. All information received will be kept confidential.

I understand that this program may involve risk, that there are no refunds, returns or credit for products or fees, and that there is no weight loss guarantee. I have asked and had answered any questions that I may have after reading this form and this program. I understand the possible side-effects and that I may quit the program at any time. I agree to stop the hCG if I become pregnant. No adverse side effects or complications are expected, but in the event that an illness does occur, I understand that I need to contact my health care practitioner. If I experience an emergency situation, I understand that I need to go to an emergency facility.

**YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ THE INFORMATION ABOVE, HAVE HAD YOUR QUESTIONS ANSWERED, HAVE HAD POTENTIAL SIDE EFFECTS EXPLAINED, AND AGREE TO NOTIFY YOUR HEALTH CARE PRACTITIONER OF ANY CHANGE IN YOUR HEALTH STATUS.**

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Your Name (PLEASE PRINT)                      Your Signature                      Date

\_\_\_\_\_  
Your main email address                      Your phone number

I understand that I will receive a one-time \$25 Healing Waters Wellness center Gift Certificate for each referral I make who signs up for the program. There is no limit to the number of these gift certificates.

Please check one:

I heard about this weight loss program from:

Healing Waters Wellness Center web site

Other \_\_\_\_\_

A friend on the program named \_\_\_\_\_

\_\_\_\_\_  
PLEASE PRINT first & last name

Address of friend who referred you

\_\_\_\_\_  
PLEASE PRINT

Please print, sign and return this form immediately to:  
Healing Waters Wellness Center, LLC.  
PO Box 769  
Smithsburg, MD 21783

Your product will be shipped when this form is received.