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## **INFORMED CONSENT For NeuroCranial Restructuring**

Patient Name (printed) \_\_\_\_\_

This letter confirms that I am aware of both the beneficial and adverse effects, as well as the risks associated with NeuroCranial Restructuring treatment with Ben Eversage, D.C...

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 healthy diet, appropriate exercise, a toxin-free/pollution-free lifestyle, biochemical therapies, or body detoxification as essential components of natural therapy.
- 3) NCR is, therefore, not the primary therapy for severe degenerative diseases, auto-immune diseases, systemic infections or cancer, and is not advisable for an acute fracture.
- 4) After NCR balloon inflation, the balloon may stay inflated for a few moments in the top of my throat, and it will be quickly deflated and removed. It is also very remotely possible for the balloon to break and fly into my throat.
- 5) I understand that individual outcomes of treatment will vary. NCR is a very safe procedure. Its effectiveness in treating chronic pain makes it the treatment of choice for many people. After NCR treatment, I may experience any one or more of the following:
  - a) Shock: 100% of people have some shock reaction. This is minor and lasts only a few seconds to minutes except occasionally for patients who have suffered prior trauma where it may be extended.
  - b) Pain: the discomfort from the procedure usually lasts only one to two seconds and up to a maximum of six seconds. The experience varies from the feeling of jumping into a pool and experiencing water rush up your nose to an intense pressure that leaves an ache for a few minutes. In the most extreme cases, there may be soreness in the back of the nose for a few hours or a day. Moving and shifting pain may occur in the head for several days or weeks as the bones of the head shift and adjust to the change at the cranial base. In rare cases the bones may "log jam" after the treatment in which case another NCR treatment or NCR massage may be necessary.
  - c) Fatigue
  - d) Sore nose
  - e) Sore throat
  - f) Increased nasal mucus drainage and/or congestion
  - g) Temporarily worse symptoms of sinus infection
  - h) Nose bleed: blood mixed with mucus may occur in up to one out of four patients. A dripping nosebleed may occur in one in forty patients. The bleeding only requires a little pressure against the side of the nose and lasts no more than 30 seconds to two minutes.
  - i) Temporary aching or traveling pains or sensations in my head
  - j) Bodily pain sensations different from my typical pattern and could occasionally be temporarily more severe than usual
  - k) "Spaciness" or disorientation
  - l) Reaction similar to influenza or a head cold for up to three days
  - m) Body soreness for a few days
  - n) Excitement, nervousness, or euphoria interfering with my sleep
  - o) Change in fit of dentures or bridgework; hats, partial dentures, full dentures, splints, retainers, crowns, fillings, i.e. any and all dental devices or work may not fit, may crack and fall out, may become defective. This is not the responsibility of the NCR doctor to replace or repair said instruments or dental work. The cranial bones have assumed greater alignment and if this affects dental work then it is an unfortunate but necessary development in the healing process. All dental changes are the patient's responsibility. A change in fit following an NCR treatment also applies to shoe orthotics and shoes; it is the responsibility of the patient.
  - p) Emotional reaction: many patients will have some memory of previous trauma, either at the time of the treatment or later on. This can vary from memories of the trauma incidents to the more rare reactions of reliving the trauma event.
  - q) Worsening of symptoms: patients presenting for the treatment of symptoms are at minimal risk for the symptoms to worsen. No treatments in medicine are 100% effective with a guaranteed result. There is always a very small chance that symptoms may be worsened. Because NCR treats symptoms and problems that no other treatment modality can benefit, the effectiveness of NCR is extraordinary, and the risk that symptoms would worsen is very slight indeed, but not impossible. If symptoms do worsen, there is a very high probability that continued NCR will be effective in resolving the exacerbation.

- r) Probably straighter posture and more symmetrical facial features
- s) Probably overall less pain and greater mobility in my body
- t) Probably improved function of my spine, joints and muscles as well as my jaw, nose, eyes, ears, and brain
- u) Probably greater mental and emotional clarity, more composure and improved ability to deal with stress
- v) Probably feel happier and more energetic with cumulative treatments.

Other individual reactions are possible and are generally mild, self-limiting, and of no significant consequence.

6) Do not undergo an NCR treatment or series if you have any of the following:

Active Ear or Sinus Infection (especially with fever and cough)  
 Anticoagulant Medication (blood thinners)  
 Anxiety/Panic Attacks  
 Aspirin / Excedrin – extended use  
 Asthma (have inhaler in rare case of triggered attack)  
 Bleeding Disorders  
 Care with Newborns (risk of respiratory obstruction)  
 Dental Appliances, permanent or removable retainers  
 Dentures, Plates or Bridges across central maxillary suture  
 Drug Addiction  
 Epistaxis (history of nosebleed)  
 Head Injuries with fresh fracture and/or cerebral hemorrhage  
 High Blood Pressure  
 Malformations (birth abnormalities, i.e., cleft palate, etc.)  
 Malignant Tumor  
 Nasal or Facial Bone Fractures within the last 3 months  
 Nasal Polyps  
 Nasal Septum Damage  
 Nasal Spray – extended use/addiction  
 Post-traumatic Syndrome (PTSD)  
 Prior History of Any Surgery to the Face, Head, Special Senses, Spine  
 Psychiatric or psychotropic medications  
 Skull Bone Plates across suture lines  
 Stitches in Nasal Passage  
 Tumor  
 Turbinate Damage or Modification (integrity of structures is unpredictable)

7) I am also aware that I am in a temporarily fragile state for about a month after I have received NCR.

- a) This means that I may reverse the benefits of treatment with illness, accidents, excessive stress or inappropriate activities.
- b) I will restrict my activities even though I will probably have less pain and may not want to.
- c) I will avoid massage, bone and muscle manipulation of all kinds for the following month, and will attempt to avoid dentistry and similar situations that are potentially traumatic.
- d) I will try to exercise regularly and mildly, choosing bilaterally symmetrical activities to promote continuing the benefits initiated by NCR.
- e) I will try to avoid activities that incorporate traumatic components such as jarring, hitting, shocking, shaking, and/or excessively fatiguing my body.

8) I have also been informed that NCR is a gradual, cumulative therapy, requiring multiple treatments for initially satisfactory results and improving with more therapy.

9) I have had the opportunity to ask questions. I understand the general procedure, its risks and benefits and that there may be other procedures or methods of treatment. I feel comfortable with this information. I am satisfied with the explanation and do not want any more information.

10) I have been told the fees involved with the procedure and have agreed to them.

11) NCR is a series of four (4) treatments in four (4) consecutive days. There are no refunds for missed scheduled appointments.

12) I have read and understand this release. I give my permission and consent to have NCR treatment.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_