



19620 W. Catawba Ave., Ste 100, Cornelius, NC 28031 704-895-WELL (9355) | Fax: 877-706-1786 www.DrButtar.com

Welcome to Our Practice

Congratulations on taking the first step! Once your appointment has been confirmed, you will receive two informational DVDs from the Know Your OptionsTM The Medical Series created by Dr. Rashid A. Buttar. It is <u>mandatory</u> that you and anyone attending your initial consult watch these DVDs prior to so that you get the most benefit from the appointment. The two informational DVDs you will receive are titled:

- 1. Heavy Metal Toxicity: The Hidden Killer
- 2. Sudden Cardiac Death

The following material will finalize your paperwork and should be completed and returned to our office as soon as possible. Please review and complete this material in its entirety. It is important that you answer all questions carefully and accurately so that the medical provider has the correct information. This is essential in order to maximize the outcome of the treatments you may receive.

We thank you for choosing us to provide your medical care and look forward to seeing you in our clinic in the near future.

Sincerely,

Administrative Staff
Centers for Advanced Medicine



New Patient (Cardiac) Paperwork Checklist

Prior to	Appointment
	Read Welcome Letter
	Review all REQUIRED items on Checklist (this page)
	Completed Patient Registration form
	Read & Sign all Consents & Release for Filming
	Read & Sign Financial/Appointment Policy
	Read & Sign HIPPA Notice
	Complete Release of Medical Records form
	Read & Sign Consent for IV therapies
-	ppointment is Scheduled ucial: The items below MUST be accurately completed!
	COMPLETE CARDIAC INTAKE FORM (no more than 2 weeks prior to appointment)
	COMPLETE AHEAD MAP Online (no more than 2 weeks prior to appointment)
Link	Watch DVD's (9 Steps & Cardiac) sent with initial new patient email. Hard copies to be mailed after consult fee is paid.
(Patient / Gua	rdian's Signature) (Today's Date)



Patient Information and Registration

Patient Name:				Date:	
	Last	First	Middle		
Sex: □M □F	Date of Birt	th:	Mar	ital Status: □S □M	$\Box D \ \Box W$
Patient Social Securi	ity #:				
Primary Address:					
Home Phone:			Cell Phone:		
Email Address: *used for important admi	inistrativa Pralini	aal muumaaaa	a list amail address va	y will about often	
used for important admi	msuauve & cilnic	cai puiposes - pieas	e iist eman address yo	u will check often	
Names of Parents: _				Date of Birth:	
in patient is ininor)				Date of Birth:	
To Be Filled Out by Financi	ally Responsible Pa	arty:			
Driver License #:			Social Security #: _		
Employer:			Work Phone:		
Address:					
	Street		City	State	Zip
Relative Not Living	with You:		Ph	one #:	
Address:				lationship:	
Family Doctor:			Ph	none #:	
Address:			Fa	x #:	
Diagnosis/Reason fo	or Visit:				
How did von hear a	about us?				

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CENTERS FOR ADVANCED MEDICINE

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Consent for Treatment

I authorize the Medical and Nursing Staff of Centers for Advanced Medicine to perform any diagnostic tests and/or administer treatment plans for allergy, immune and nutritional disorders, as well as cancer, autism or any other chronic medical conditions. I fully recognize and understand that the advanced medical treatments I will receive may include nutrient, herbal, oxidative, functional, integrative, alternative, preventative, traditional, pharmaceutical, dermaceutical, nutraceutical, and/or conventional therapies. I also understand and fully acknowledge that:

- 1. Almost all the patients coming to Centers for Advanced Medicine have previously been evaluated and treated with limited or no success prior to coming to our practice.
- 2. The safety and efficacy of many such therapies has not been established with controlled studies (the prevailing, but inadequate methods, of evaluating effective treatments).
- 3. Specifically, no claim to "cure" cancer or "cure" any other medical condition with these therapies has been made to me.
- 4. Our medical staff will NOT be providing hospitalized care or emergency care for me from this clinic.
- 5. The therapies I receive will compliment the care I receive from my primary care physician, and will not replace them.

Patient's Name (print)		
Patient/Guardian's Signature	Date	
Representative of Centers for Advanced Medicine	Date	



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Financial/Appointment Policy

We ask that all patients read and sign our Financial/Appointment Policy prior to scheduling their initial appointment. You will be given your choice in seeing Dr. Buttar or Jane Garcia, ANP, both of whom review all charts.

We require pre-payment of all initial appointments. Thereafter, payment is due at the time services are rendered. We require a 72 hour cancellation notice for initial appointments. If you must reschedule you may apply the entire payment to a future visit as long as we receive a 72 hour notice. After you have had your initial appointment, we only require a 24 hour cancellation notice. You may be charged for appointments cancelled without the required notice.

Please note that we do not participate with or accept assignment from any insurance companies. Although most treatments are not reimbursable, as a courtesy we will provide you with the CPT codes for the treatments that can be filed to insurance for you to file on your own behalf. We can not provide filing information for Medicare. Treatments that are reimbursable will vary based on your policy. Because we are not contracted with your insurance company, any reimbursements issued to our office will be returned with a letter stating that all payments should be issued directly to you.

- 1. Your insurance policy is a contract between you, your employer and your insurance company. We are not a party to that contract. Our relationship is with you, NOT your insurance company. All charges are ultimately your responsibility whether your insurance company chooses to pay on your claims or not.
- 2. Not all services are a covered benefit in all contracts. Some insurance companies arbitrarily select certain services they will not cover. In most cases, the majority of alternative and preventative medical treatments are not covered by insurance. We are able to bill some lab work to Medicare if that is an option for you.
- 3. Returned checks will be subject to an additional collection fee and will not be reprocessed.

Thank you for choosing us as your health care provider. Our main goal is to provide you the treatment needed to restore and maintain your health. We sincerely appreciate your trust in us. The opportunity to care for our patients is something we take very seriously.

I have read the above policy and accept full financial responsibility for my medical treatments. I recognize that many of the services rendered to me may not be covered by my insurance company.

Patient's Name (print)		
Patient/Guardian's Signature	Date	
Representative of Centers for Advanced Medicine		



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Permission and Release for Filming

In signing this form, I provide all rights to the use of my image, likeness and voice for the filming, editing and duplication of footage by Dr. Rashid A. Buttar, Centers for Advanced Medicine, associated companies and any media outlet authorized by Centers for Advanced Medicine.

I understand that I may be asked questions regarding my health and medical condition. I give my permission for release of this information and understand that it will be videotaped, but may be used in other forms of media, including but not limited to CD-ROM, audio, new publications, broadcasts or internet. I fully understand that I will receive no compensation or royalties for participation. This release is for all purposes including educational and marketing and is all inclusive of the filming done on all occasions in or around the clinic located at 19620 West Catawba Ave., Suite 100, Cornelius, NC 28031.

Patient's Name (print)	-
Patient/Guardian's Signature	Date
Representative of Centers for Advanced Medicine	- Date
Please print the following:	
Address:	
Phone:Email:	_



HIPAA Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

This Notice of Privacy Practices describes how we may use and disclose your protected health information (PHI) to carry out treatment, payment or health care operations (TPO) and for other purposes that are permitted or required by law. It also describes your rights to access and control your protected health information. "Protected health information" is information about you, including demographic information, that may identify you and that relates to your past, present or future physical or mental health or condition and related health care services.

Uses and Disclosures of Protected Health Information: Your protected health information may be used and disclosed by your physician, our office staff and others outside of our office that are involved in your care and treatment for the purpose of providing health care services to you, to pay your health care bills, to support the operation of the physician's practice, and any other use required by law.

Treatment: We will use and disclose your protected health information to provide, coordinate, or manage your health care and any related services. This includes the coordination or management of your health care with a third party. For example, we would disclose your protected health information, as necessary, to a health agency that provides care to you. For example, your protected health information may be provided to a physician to whom you have been referred to ensure that the physician has the necessary information to diagnose or treat you.

Payment: Your protected health information will be used, as needed, to obtain payment for your health care services. For example, obtaining approval for an office procedure may require that your relevant protected health information be disclosed to the health plan to obtain approval for the visit.

Healthcare Operations: We may use or disclose, as-needed, your protected health information in order to support the business activities of your provider's practice. These activities include, but are not limited to, quality assessment activities, employee review activities, training of medical students, licensing, and conducting or arranging for other business activities. For example, we may disclose your protected health information to medical school students that see patients at our office. In addition, we may use a sign-in sheet at the registration desk where you will be asked to sign your name and indicate your provider. We may also call you by name in the waiting room when your provider is ready to see you. We may use or disclose your protected health information, as necessary, to contact you to remind you of your appointment.

We may use or disclose your protected health information in the following situations without your authorization. These situations include: as Required By Law, Public Health issues as required by law, Communicable Diseases: Health Oversight: Abuse or Neglect: Food and Drug Administration requirements: Legal Proceedings: Law Enforcement: Coroners, Funeral Directors, and Organ Donation: Research: Criminal Activity: Military Activity and National Security: Workers' Compensation:

Inmates: Required Uses and Disclosures: Under the law, we must make disclosures to you and when required by the Secretary of the Department of Health and Human Services to investigate or determine our compliance with the requirements of Section 164.500.

Other Permitted and Required Uses and Disclosures Will Be Made Only With Your Consent, Authorization or Opportunity to Object unless required by law.

You may revoke this authorization, at any time, in writing, except to the extent that your physician or the physician's practice has taken an action in reliance on the use or disclosure indicated in the authorization.

Your Rights: Following is a statement of your rights with respect to your protected health information.



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Request for Release of Medical Records

Date:	
Patient Name:	Date of Birth:
To (Institution or Physician):	
Physician's Phone and Fax #:	
The above named patient has requested to have Please fax or mail the following records to us a	e a copy of their medical records sent to our clinic. as soon as possible:
The last 2 (most recent) EKG's	
All recent (last 3 months) lab work	
Reports of Vascular Studies if applica	able
Stress test / Echocardiogram reports if	fapplicable
Most recent doctor's notes / history ar	nd physical if available
	e address. We greatly appreciate your help and
Patient Request and Consent for Release of Me	edical Records
I,hereb diagnostic tests or treatment history requested this information to their office as soon as possi	by authorize the release of any medical records, by Centers for Advanced Medicine. Please send ble. Thank you.
Signature of Patient:	Date:





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You have the right to inspect and copy your protected health information. Under federal law, however, you may not inspect or copy the following records; psychotherapy notes; information compiled in reasonable anticipation of, or use in, a civil, criminal, or administrative action or proceeding, and protected health information that is subject to law that prohibits access to protected health information.

You have the right to request a restriction of your protected health information. This means you may ask us not to use or disclose any part of your protected health information for the purposes of treatment, payment or healthcare operations. You may also request that any part of your protected health information not be disclosed to family members or friends who may be involved in your care or for notification purposes as described in this Notice of Privacy Practices. Your request must state the specific restriction requested and to whom you want the restriction to apply.

Your provider is not required to agree to a restriction that you may request. If your provider believes it is in your best interest to permit use and disclosure of your protected health information, your protected health information will not be restricted. You then have the right to use another Healthcare Professional.

You have the right to request to receive confidential communications from us by alternative means or at an alternative location. You have the right to obtain a paper copy of this notice from us, upon request, even if you have agreed to accept this notice alternatively i.e. electronically.

You may have the right to have your physician amend your protected health information. If we deny your request for amendment, you have the right to file a statement of disagreement with us and we may prepare a rebuttal to your statement and will provide you with a copy of any such rebuttal.

You have the right to receive an accounting of certain disclosures we have made, if any, of your protected health information.

We reserve the right to change the terms of this notice and will inform you by mail of any changes. You then have the right to object or withdraw as provided in this notice.

Complaints: You may complain to us or to the Secretary of Health and Human Services if you believe your privacy rights have been violated by us. You may file a complaint with us by notifying our privacy contact of your complaint. **We will not retaliate against you for filing a complaint.**

This notice was published and becomes effective on/or before **April 14, 2003.**

We are required by law to maintain the privacy of, and provide individuals with, this notice of our legal duties and privacy practices with respect to protected health information. If you have any objections to this form, please ask to speak with our HIPAA Compliance Officer in person or by phone at our main number.

Signature below is only acknowledgement that you have received this Notice of our Privacy Practices.

Patient's Name (print):	
Patient/Guardian's Signature:	Date:
Employee Signature:	Date:



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Learning Tools

The following **FREE** resources may be helpful to you:

MEDICAL REWIND – The Medical Rewind website is a hub of information. On this website you will find: patient video testimonials and link to our Vimeo Video and YouTube Channels, links to all of Dr. Buttar's informational websites, Medical Rewind Radio Show replays, Seminar schedule, and more. Please visit www.MedicalRewind.com

FACTS ON TOXICITY VIDEO SERIES - The Free FACTS ON TOXICITY Video Series is a complete collection of short videos of riveting medical information, which provides the basis of ALL chronic disease. This vital information is crucial for the world to know and has already impacted literally thousands of people around the globe. Please visit www.FactsOnToxicity.com and watch these FREE videos. If you find them to be of immense value has hundreds of people before you have, we only ask you to "Pay it Forward" in return by telling your loved ones about this site.

MEDICAL SECRETS AUDIO SERIES - The Free Medical Secrets Audio Series is a complete collection of over 15 hours of riveting medical information that has been kept secret from the population, primarily presented by one of the top 50 doctors in the USA, along with a few lectures presented from other highly respected physicians or researchers. To sign up for the Medical Secrets Audio Series, visit www.DrButtar.com/audio.php or visit www.FactsOnToxicity.com.

WEEKLY H.O.W. REPORT - Is our weekly Health Optimization and Wellness email newsletter. This newsletter feeds into our blog so you can comment and interact with other intelligent, like-minded people. To subscribe to our newsletter visit: www.drbuttar.com/newsletter-reg.php

DR. BUTTAR TRUTH SITE - Another website you may wish to review, in case you have an interest or questions surrounding the controversy regarding the false accusations against Dr. Buttar from the North Carolina Medical Board, feel free to visit www.DrButtarTruth.org. The truth and supporting evidence are all provided so that you can determine for yourself the true agenda of the North Carolina Medical Board and why we are a threat to them and the standard medical paradigm.

Our office contact information is as follows:

Centers for Advanced Medicine 19620 West Catawba Ave., Suite 100 | Cornelius, NC 28031 (704) 895-WELL (9355) | www.DrButtar.com Fax (877) 706-1786

To send an **email** to the clinic, simply send it to: mailto:info@drbuttar.com

Original Date: July 17, 1997 | Last Revised: June 22, 2016

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1 1	RECURRING CONSENT FOR	VARIOUS THERAPIES (Including IV's)
and PR (by hemotherapy magnesium, homeopathic Sulfoxime, D to proline, ly Specifically, techniques, a optimize the persistent on to me accord (ABCMT) in Medicine in Academy of	y rectum) treatments, including, but NOT y, UVBI and H2O2, nutritional, Lipoic Acid potassium, zinc, manganese, cesium, cs, ACIS, MTE formulations, DNA Reductations, Dioxychlor, Biorizin, phosphatidylcholine, glycysine, argenine, taurine, glutamate, cystein I understand that any of these above ment are used for various medical reasons and for electrosification of my body and/or to provide the detoxification of my body and/or to providing to the guidelines and/or protocols estable Chicago, IL, the International College of In Denville, NJ, the American College for Action in Wichita, KS, the Action in Michita,	, acknowledge that Dr. Buttar and his professional medical actices of the various IV (intravenous), TD (transdermal), PO (by mouth) limited to EDTA, DMPS, Oxidative therapies including ozone auto-Vitamin C, various minerals including but NOT limited to selenium, rhobidium, chromium, germanium, vanadium and molybdenum, see, DNAOR, MISS, UFAM, MSP protein, Glutathione, Myer's drips, erophosphocholine, and various amino acids including but NOT limited e, alanine, glutamine, tryptophane, tyrosine, phenalnine and glycine. Independent of the protein or provided the nutritional and other support for my system as well as to remove system. I understand that these various IV therapies are being provided lished or presented by the American Board of Clinical Metal Toxicology tegrative Medicine (ICIM) in Cincinnati OH, the Institute of Preventive dvancement in Medicine (ACAM) in Laguna Hills, CA, the American merican Association (AMESPA) in Lake Tahoe, NV.
heart and vaindicated for placebo con therapies prephysician. I therapy, and my informed to my medic including but listed above, I will most lik	ascular problems, any IV therapies for the nut r any condition that I may be suffering from atrolled studies. I acknowledge that I accept escribed to me by my regular physician, included have discussed conventional and traditional distributional and traditional and traditional distributional and traditional and form distributional decision that I accept the treatments as distributional and intervents and care in lieu of or in conjunction with the tight to the traditional and other intervention, may not give me appreciable benefits due to	by of any of these treatments including EDTA therapy for the support of ritional and detoxification support for cancer, and any other IV therapies is, have not been proven with the prevailing randomized, double-blind, it any of these therapies as an adjunct therapy to the standard druguding my cardiologist, oncologist, neurologist and/or other primary care ally accepted options of surgery, angioplasty, chemotherapy, radiation is of treatment with my other physicians prior to visiting Dr. Buttar. It is cussed with Dr. Buttar and his medical staff as an integrative approach other conventional options presented to me by my other physicians, anal therapies. I fully understand that any of these various therapies as the advanced state of my medical condition(s). I also understand that action. I acknowledge that no guarantees or claims have been made to arious therapies listed.
the possibilit kidney injury these types of anything couminuscule with which have material, the over the pasperipheral, countries been proven	ty of phlebitis, infections, headaches, dizzine y. In extreme rare circumstances, severe si of issues have never been observed by Dr. I ald potentially occur, the full spectrum of posyhen compared to the traditional, convention been published in the medical literature. For have been over 1,000,000 patients who st 55 years. Benefits from this particular the cerebral and coronary vascular disease, dial of with the prevailing randomized, double-blind	s of all the IV therapies mentioned above, including but NOT limited to ss, hypoglycemia, electrolyte imbalance, mineral depletion, fatigue and de effects such as kidney failure or even death are possible, although Buttar or his medical colleagues. I also clearly understand that although sible side effects from any therapy I receive from Dr. Buttar's clinics are all medical treatments and therapies provided by the "standard of care" Regarding EDTA specifically, I understand that according to published have received over 8 million intravenous EDTA "chelation" treatments erapy reported by patients include relief of symptoms of metal toxicity, betes, hypertension, and degenerative joint diseases. This too has not I, placebo controlled studies. However, these observations are felt to be detoxification and nutritional support effect of all the above stated IV
✓ Initials:		
therapies a	are final, but are cancelable before 8 \emph{A}	ed that all appointments made for any IV (Intra Venous) M on the day of the appointment. I will be responsible for appointment after 8 AM, OR if I do not arrive for treatment.
√ Patient	t Signature :	Today's Date
√ Spouse	e / Witness :	Today's Date

To all patients: Please be aware that the following language is brought to you as a "courtesy" of the North Carolina Medical Board, and is the only action "required" of us after Dr. Buttar's 5 year battle with the North Carolina Medical Board. To get more details on this battle, visit www.DrButtarTruth.org. This form has NOT been changed, modified or amended in any manner and is provided to you EXACTLY in the format as it was provided to us. Any inadequacies, incompleteness, omissions or errors are the sole responsibility of the North Carolina Medical Board.

Signature:
Amended April 11, 201
Informed Consent to Treatment and Therapies
I, [patient name (written by patient)] , understand and have been advised that Rashid Ali Buttar, D.O. practices integrative medicine. Integrative medicine is defined by N.C. Gen. Stat. §90-1.1(3) as: a diagnostic or therapeutic treatment that may not be considered a conventionally accepted medical treatment and that a licensed physician in the physician's professional opinion believes may be of potential benefit to the patient, so long as the treatment poses no greater risk of harm to the patient than the comparable conventional treatments.
Initials:
I have been diagnosed with <code>[diagnosis (written by patient)]</code> . I understand and have been advised that the treatments and therapies that are to be provided by Dr. Buttar have not been proven effective by traditional research studies or conventional clinical trials and may not have been approved by the FDA for my diagnosis. Dr. Buttar makes no specific claims or representations that the treatments and therapies that he will be providing will be effective or cure the condition or diagnosis that I have. I have been encouraged to consult with my primary care physician or the specialist who is primarily treating the above designated diagnosis prior to receiving treatment from Dr. Buttar.
Initials:
I, further understand and have been advised that Dr. Buttar's clinic sells health care practice related items from his office. There is a potential, inherent conflict of interest when a physician sells health care practice related items from his office. Sale of practice-related items such as supplements, vitamins, minerals and medications may be acceptable only after the patient has been told those or similar items can be obtained locally from other sources. I am fully aware that as with any product or commodity, the quality, purity, efficacy, concentration, source and numerous other variables will determine the ultimate price. I also recognize that I have the option to pursue my health care needs at any doctor's office I so choose.
Initials:
I, additionally understand and have been advised that Dr. Buttar utilizes the services of a nurse practitioner in his practice. Nurse practitioners may perform medical acts, tasks and functions under the supervision of a licensed physician. This means that physical examinations and diagnosis can be made by a nurse practitioner qualified to make such examinations and diagnosis while acting under the supervision of a licensed physician. Treatments may also be administered by a nurse practitioner working under the supervision of a licensed physician. I understand and have been advised that office visits may be conducted and treatments may be administered by Dr. Buttar's nurse practitioner.
Initials:
I also understand and have been advised regarding possible adverse effects of all treatments and therapies that Dr. Buttar will be providing me, including intravenous (IV) treatments The possible adverse effects of the treatments that I may receive from Dr. Buttar include, but are not limited to, infection, phlebitis, headaches, dizziness, hypoglycemia, electrolyte imbalance, mineral depletion, fatigue, kidney failure, or even death.
Initials:





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A few things to know about being a patient:

- Always eat a high protein breakfast before you arrive.
- Bring food to eat while at the clinic if you will be at the clinic for the majority of the day.
- The clinic is equipped with a patient break room and kitchen area where you can have a meal or break. In the Patient Kitchen area there is a full size refrigerator you are welcome to use. Please make sure you mark your name and the date on anything you wish to leave in this refrigerator.
- We **do not** have a microwave in the office. In the Patient Kitchen, there is a blender, small toaster oven and hot plate you are most welcome to use.
- Our IV Suites are equipped with a TV and DVD player. Cable TV service is not available on the TVs. Patients may bring DVDs to watch on the TV, or a portable DVD player of your own may also be brought by patients. There are plenty of electrical outlets in the IV Suites to plug in electronics such as phones and portable entertainment devices.
- Filtered water is provided in the Patient Kitchen for patients and staff. You are welcome to fill up gallon containers of water to take with you, however, please follow our guidelines of filling only one (1) gallon container every 30 minutes so there will be water for others to drink
- <u>Do not</u> take minerals on the day you will have chelation. For patients with Cancer, Monday's will be the day you will not take your minerals.
- Please **do not** wear any scented toiletries (perfume, lotions, hair products, etc) as we treat many people that are sensitive to these products.
- If Hyperbaric Therapy is a part of your treatment protocol, wear or bring comfortable clothing to wear in the hyperbaric chamber- no metals or electronics allowed in chambers. Complete instructions and guidelines for Hyperbaric Therapy will be given to you before starting this therapy.
- If you are not taking or unable to take your supplements as directed, please inform the nursing staff as they will need to discuss this with a provider. Adjustments may need to be made in your treatment plan.
- Try to be on time for your appointment. If you are late, your IV schedule will have to be adjusted and you may not receive all of your IV's. If you are unable to make your appointment for any reason, please contact us as quickly as possible. Some IV's are mixed ahead of time and must be used the same day they are mixed. 24 hour notice
- Any time you are unsure about your treatment plan, please talk to the nursing staff or your provider.
- When you are scheduled for an Ondamed treatment, bring a gallon of water with you. The
 Ondamed is a Biofeedback instrument which measures cellular frequency levels. Your water
 will be charged with the same frequency that you are treated. You may then drink the water
 as you wish for a boost to the Ondamed treatment.



A few things to know about being a patient:

Child Patients

- Children must be accompanied by a parent at all times.
- Some toys are available in the IV Suite, however, we encourage parents to bring activities to keep your child occupied during the day.
- An IV reinsertion fee of \$25 per incident will be charged in cases when a child is continuously pulling their IV out.

Other Helpful Information

Please view the "Out of Area Patient Information" section of our website for a listing of other helpful information: http://www.drbuttar.com/out-of-state-patient-information.html

- Charlotte, NC area airports
- Lodging near our Clinic
- Fully furnished short & long term housing options
- In home nursing care
- Lake Norman area taxi services
- Wheel chair transport services
- Local organic & gluten-free grocery stores
- Local farmers markets
- Local organic fresh food stores
- Local parks
- Area recreation options
- Area entertainment option