



## Consent Form

1. The Emotion Code™ system is a method taught by Dr. Bradley Nelson (hereinafter called the “methods”) and practised by Polly Ng trading as PollyHeals (hereinafter called “Polly Ng”). I understand that these methods seek to identify and release trapped emotions from the body’s energetic field, for example, through questioning techniques and muscle testing. These methods of energy healing promote harmony and balance within, relieving stress and supporting the body’s natural ability to heal. Energy healing such as this method is widely recognised as a valuable and effective complement to conventional medical care.

2. I understand that these methods practised by Polly Ng are not a substitute for medical or mental health care. Information provided to me by Polly Ng is not intended as medical advice and should not be used for medical diagnosis or treatment. Information received by me from Polly Ng is not intended to create any physician-patient relationship, nor should it be considered a replacement for consultation with a healthcare provider, nor is it meant to replace any medical treatments as ordered by any physicians nor any other medical care you have been advised to seek by them. I further understand that these methods are not a replacement for any professional psycho-therapeutic or counselling sessions in the treatment of any mental health issues or disorders.

3. I understand that any information that I provide to Polly Ng is not intended to create any physician-patient relationship and that Polly Ng is not a doctor, physician or mental health practitioner.

4. I understand that if Polly Ng makes any suggestions regarding supplementation of any kind, such as vitamins, minerals, herbal preparations, or any compounds or any other external remedy of any kind, that I use or ingest any such at my own risk, with the recommendation that I seek the advice of a physician before using any remedy suggested by Polly Ng.

5. I understand that in approximately 30% of sessions, the release of trapped emotion(s) or other energy(s) may result in “processing,” where echoes of the emotion(s) or other energy(s) released may manifest in temporary physical or emotional discomfort, and that this “processing” appears to be a normal part of regaining energetic balance.

6. I understand that Polly Ng makes no claims as to healing or recovery from any illness or mental health issue I may have now, nor the prevention of any illness or mental health issue I may have in the future, and that no guarantee is made towards validity, nor to any particular outcome of our sessions, whether about my physical or mental health or otherwise. I further understand that the use of any information I receive is at my own risk.



7. I understand that if I have health concerns, I am recommended to seek advice from an appropriate medical practitioner before making any decisions about my health and that this information is offered as a service and is not meant to replace any medical treatment.

8. I understand that Emotion Code™ sessions may involve physical contact, including placement of hands or magnets down the “governing meridian” (the backside from the tailbone to the head). I understand that Polly Ng will ask for permission before any physical contact, and I agree to let Polly Ng know immediately if I am made uncomfortable by anything during an Emotion Code™ session.

9. I understand that all Emotion Code™ sessions, including any information provided to me by Polly Ng, are accepted at my own risk. As such, I hereby release Polly Ng and Polly Ng’s, owners, officers, employees/contractors, successors, assigns, and/or agents from any and all liability and claims for damages of any kind whatsoever (including, without limitation, attorney’s fees and costs), arising from any cause whatsoever, related to the Emotion Code™ sessions.

10. I understand that my sessions with Polly Ng are confidential, and that any personal information would be used anonymously for educational and research purposes only, subject PollyHeals [www.pollyheals.com](http://www.pollyheals.com) to any exceptions governed by applicable law, and that identifying personal information such as my last name and city will be deleted to maintain my privacy, unless required by law.

11. I understand that, before working with Polly Ng, I am advised to be self-informed about The Emotion Code™ system by visiting Dr. Bradley Nelson’s website (<https://discoverhealing.com>) and/or by reading his book The Emotion Code.

12. I understand that by choosing and submitting “Yes” to the question “I have read the 2-page Consent Form and agree to give consent for the session(s) with Polly Ng.” in the Intake Form provided by PollyHeals, I fully consent to participate in The Emotion Code session(s) with Polly Ng.