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Welcome to Evolve Holistic Center

A Practice Member Guide to the Evolve Holistic Method

What your care involves · how it works · financial policies · your informed consent

I'm so glad you're here. Whether you've been searching for answers for a long time or simply followed a quiet nudge inside, you've arrived at the right place. Evolve Holistic Center isn't a typical healthcare office. It's a space for real transformation of body, mind, and spirit. If some of what you read here feels different or unfamiliar, that's completely okay. You don't have to have it all figured out to begin.

This guide walks you through what care at Evolve Holistic Center is, how it works, what it costs, and what you're agreeing to when you choose to partner with me in your care. Take your time with this and bring me any questions you have.

A Different Kind of Care

Most of us are taught to push through stress, numb discomfort, and ignore the deeper messages our bodies send us. Conventional healthcare often works the same way: it identifies a condition and applies a treatment for the symptoms. That approach has real value, and there may be times you need it to help you rest and function. The care I provide works differently.

I start from a simple premise: **your body holds its own healing intelligence.** It knows what to heal, and when. My role isn't to chase your symptoms or force your body in a particular direction. Instead, I help your nervous system become more adaptable, your spine and energy more coherent and connected, and your whole system more resourceful. From that more resourceful state, your body tends to create its own path toward healing, often in surprising ways.

> This isn't a **"quick-fix"** model. It's a process of reorganization and self-liberation, helping you move beyond old patterns rather than simply returning to where you were before. Many people experience significant relief from long-standing concerns along the way. My care focuses on the root tension and imbalances beneath your symptoms rather than treating the symptoms themselves, supporting your system to heal and evolve beyond them.

I call my overall approach the **Evolve Holistic Method**. It brings together gentle, nervous-system-focused spinal care, hands-on muscle and fascia work, intuitive love-centered energy work, and holistic lifestyle guidance woven into one continuous experience rather than a menu of separate treatments. The heart of it is what I call **Spinal Energy Integration**: unique spinal and energy care delivered together as one.

How the Care Works

Your nervous system is the communication highway of your body, the master network your brain uses to coordinate movement, sensation, healing, your response to stress, and more. When that system becomes overloaded, tense, or disconnected, it can settle into a kind of "defense mode." Your body and areas of your life can start to feel more tense and stuck in patterns of defense and survival. Releasing

those held patterns frees up energy, increases ease, improves adaptability, and helps you open to more of what life has to offer.

Care begins with gentle, precise contacts along your spine, offered while I hold a steady field of loving energy. Rather than forcefully “cracking” or manually adjusting anything, these light touches cue your nervous system to develop its own strategies for releasing and redistributing tension. Over time, most people begin to experience soft, wave-like movements through the spine, a natural rhythm called a spinal wave. These waves aren't forced; they emerge naturally as your body learns new strategies of ease and self-regulation. Your body already knows how to heal. I'm helping it become aware, holding a supportive field of the Creator's love, and creating the right conditions for change.

> **You don't need to understand how any of this works to benefit from it.** I love to teach, and I'm always happy to explain more, but the invitation is simply to show up, notice how your body feels, and trust what begins to shift, even when the change isn't always comfortable.

What Your Care Includes

Each visit draws on whichever of the following best serves what your system needs that day. The various services I can provide aren't separate or billed one by one. They blend into a single, tailored care experience. We will discuss what care will be provided and it is always up to you whether you want to receive a particular service. Here is what I provide:

Spinal Energy Integration (the core of every visit)

This is the heart of my work: gentle, low-force spinal care delivered together with energy work. The spinal portion is rooted in NetworkSpinal Care, a respected method developed by Dr. Donald Epstein and taught only to chiropractors. Light, precise contacts at specific points along your spine help your nervous system learn to release excess tension and reorganize itself. The form of energy work I provide is blended into this care, creating a unique approach that helps you create deep and sustainable changes.

Energy Work

At the most fundamental level, everything we perceive as physical is energy in motion. The energy we hold, the energy we cultivate, and the energy we share shape the way we experience the world, our health, and our personal evolution.

Energy work is an essential part of the Evolve Holistic Method, and I include it in all the care I provide. People often ask what energy, and where it comes from. The simplest answer I have is that it is the Creator's loving energy. In my writing and teaching I use Source, God, Creator, and love interchangeably, so use whichever name is yours. Any of us can be a conduit for that love; I have simply spent more than two decades practicing. In care, I hold a steady, higher resonance with my intention, thoughts, and hands while connecting with areas of tension and rapport in your spine, your main energy centers (chakras), and meridians, through a blend of hands-on and non-touch, or remote, work. On occasion I also use sound healing instruments, tuning forks, and vibroacoustic tables, working with the acoustic vibrations to help you move energy that is bound.

Nothing is pushed or forced in this work. When you spend time in a higher vibrational field, your system recognizes and remembers that this state of love is possible, and that gives you a reference point you can return to and choose for yourself. This care is for people who are ready to grow. There may be things to work through and let go of along the way, and I can teach you to work with the flow of the Creator's love so your own development continues between visits. While this work rests on a belief in, and unity with, a single loving Creator, it is not associated with any religion, and it is meant to be accessible to people of every background. While many practice members have reported improvement in health conditions in association with this energy work, it is offered as supportive wellness care, never as a replacement for evaluation, diagnosis, and treatment of medical conditions. There is never a requirement to learn to work with this energy on your own. I have been practicing as a conduit of this loving energy since age 14, and it is always an integral part of the care I provide.

Gentle chiropractic adjustments, when needed

Sometimes a more conventional adjustment may be needed to restore motion to a specific joint. When that's the case, I use gentle, low-force techniques with the use of pelvic blocking and precise instrument-assisted adjustments with an Activator or Integrator. **When needed gentle chiropractic adjustments are included as part of your visit at no separate charge, and do not count toward your paid, time-based session limits.**

Muscle and soft-tissue therapies

Hands-on work to release tight muscles and restricted fascia (the connective tissue around your muscles). Depending on what your body needs, this may include myofascial release, gentle scraping using stainless steel gua sha tools, manual pin-and-stretch or other muscle manipulation or massage techniques, cupping, or trigger-point work, all aimed at resolving adhesions in your fascia, improving circulation, restoring movement, and helping you feel more comfortable. These therapies can also be provided for deeper relaxation and stress release. Muscle therapies may be scheduled as stand-alone services with longer appointments though still involve energy work and Spinal Energy Integration care as an essential part of helping your system advance.

Muscle Testing (Applied Kinesiology)

I use manual muscle testing as a functional check on whether a muscle engages the way it should and how it responds. When a muscle isn't engaging well, it points me toward several things that can affect how that muscle and its related structures are working. Muscle testing can help find the roots of imbalances and what strategies can address them.

Supportive tools and self-care education

To extend your care beyond the table, I may offer supportive options such as **molecular hydrogen** for recovery, wearable **Super Patch** vibrotactile patches, drug-free patches with a textured pattern that the skin reads and the nervous system responds to, and time in the **Zyto Harmonizer** chair, a chair with a magnetic base and rotating magnet disc for grounding, balancing energy, and relaxation. I also share practical self-care such as breathwork, meditation, movement, and creative practices like Neurographic art, along with educational content through my companion platform, Our Minds Change

(www.ourmindschange.com). You must be an active participant in your own healing, and I provide as many tools as I can to support you.

Tracking your progress

To follow your changes over time, I use objective tools such as heart rate variability testing, digital posture and balance analysis, muscle testing, spinal stress analysis, and periodic check-in surveys. These tools help to track changes over time though the hands-on evaluations during every visit are what direct the care provided in each session. I offer the option of engaging in care experientially or with more data collection for progress evaluation. We will regularly discuss the changes you are experiencing and what I observe. I will recommend evaluations from time to time during your care and you are always welcome to schedule more thorough evaluation appointments whenever you would like more time to check in so we can measure how things are shifting together.

Your Healing Journey: What to Expect

Every person's journey is different. Some people feel shifts right away; for others, it takes time to gently unwind years of built-up tension. There's no way to rush this natural process, though more frequent visits early on build a stronger momentum of change.

Based on the framework of NetworkSpinal Care, I often describe care as moving through three overlapping seasons:

- **Discover:** creating a sense of safety, building awareness of where you hold tension, and noticing the patterns you've been living in. In this season your body learns to release excess tension and create strategies of connection, safety, and ease, as well as create a wider emotional bandwidth.
- **Transform:** reclaiming energy and breaking through old habits as your body becomes more flexible, resilient, and alive. These sessions can feel activating and sometimes deeply emotional. In this season your body learns strategies of redistributing energy and tension patterns through the development of a unique spinal wave.
- **Awaken:** living with more peace, clarity, and connection as tension clears and your spine becomes a channel rather than a container. In this season your body learns to refine energy strategies and create a stronger coherence between your heart field and your mind.

These seasons aren't rigid stages to march through. They rise and return like tides, with each visit deepening your awareness and connection.

How often, and for how long

How frequently you come in, and how long you stay in care, is **entirely up to you**. I'll offer guidance and an invitation, never pressure. For most people I recommend starting with **two to three visits per week for the first three to six months**. This rhythm builds momentum and gives your nervous system the consistency it needs to shift out of old holding patterns. Because lasting change in the nervous system takes time to develop, longer-term care (six months or more) is encouraged for those seeking deeper, sustained transformation and ongoing personal evolution.

Many practice members who travel long distances to come in for care often prefer longer and less frequent appointments. This allows us to address more during each visit though doesn't create the same momentum for the development of spinal reorganization strategies as having more frequent appointments. You are welcome as often as you can be here.

What people often notice

While this care isn't a treatment for specific conditions, people commonly report meaningful improvements in how they feel, move, think, and relate to life, such as:

- Less stress and a greater sense of calm
- More flexibility and ease in the body
- Better sleep, mood, and energy
- A stronger sense of self
- A greater ability to adapt to stress
- Better intuitive guidance
- A stronger sense of connection

> **A note on the process:** As tension unwinds, it's normal to occasionally feel tired, emotional, or temporarily more aware of an old pattern before it eases. This is part of your system reorganizing, not a sign something is wrong. At Evolve, you'll never be pressured to be someone you're not. This is a place where healing is allowed to unfold at your body's own pace. There is no rush, though also no need to delay.

How Care Is Structured & Evolve Financial Policies

Because each appointment can blend several kinds of care into one continuous experience, it wouldn't make sense to itemize and charge for each service separately. Such a practice would misrepresent what happens in the session and would make care sessions more costly. So, care at Evolve is **time-based and membership-supported**, which is the most transparent and honest way to account for it.

How to begin

While membership plans are available, you don't need a membership to receive care here. Care is available on a simple, time-based, pay-per-visit basis: you pay for the length of your visit, and we'll agree on a plan of care together that we adjust as your needs change. Many people begin with an initial month of care to see how their body responds before deciding whether membership makes sense. The more often you receive care, the more momentum for change your body creates. The longer you stay with this, or any other body-mind training process, the more growth and change you create.

Membership is an optional way to reduce the cost of care once you know you'd like a consistent rhythm of care, with a three-month minimum on the discounted rate that you can cancel any time after that.

A few things to know

- **Payment for care is due at the time of service.** Fees for services are listed below, and my full financial policy is available at www.evolveholisticcenter.com/policies.
- **I do not participate in insurance**, and I don't assign diagnosis or procedure codes for billing. Care is offered as a wellness service focused on supporting your nervous system and overall wellbeing.
- **Third party liability cases** for accidents and injuries do not fit this model of care and billing, though I have helped many people recover after an injury. When you're injured, I provide a full evaluation and diagnosis of your injuries, and I continue to care for you as a whole person rather than narrowing your care to a single injury. Much of what I provide isn't considered a treatment for those injuries, but your care is always documented in detail, and all notes, reports, and invoices are available for you to send to an attorney or insurance adjustor. I do not work with letters of protection or accept insurance payments, and full payment is required at the time of service. If you're navigating a liability case, please share this with your attorney or adjustor to find out whether they will reimburse you for this form of care.
- **Financing is available** through CareCredit if you'd like to spread the cost of care over time.
- **Gentle chiropractic adjustments are** included as part of your visit at no separate charge. As mentioned before, this service is not provided as a standalone service at Evolve.
- **Your fee is based on the length of time for your visit**, not on which specific services were provided within that time.

Single-Visit Rates

Appointment length	Fee
15 minutes	$75
30 minutes	$105
45 minutes	$158
60 minutes	$210
90 minutes	$270

Initial visits range from $210 to $315 depending on length of the visit and time required to review your health records.

Fees are reviewed from time to time; the current schedule is always posted at evolveholisticcenter.com/policies

Membership Plans

Membership is the primary (and most affordable) way care is delivered here. Lasting change rarely happens in just a few visits. An Evolve Membership plan helps you build the consistency and momentum that lasting change requires. Each plan is built around a different amount of weekly care time. The care time is meant to be flexible to allow multiple shorter visits or fewer longer visits. My recommendations for your needs and goals will be given to you in writing and updated as you progress through care.

Plan	Weekly care time	Monthly investment	Effective rate (per 15 min)
Essential	15 minutes	$225	$52
Momentum	30 minutes	$388	$45
Immersion	45 minutes	$488	$38
Expansion	60 minutes	$644	$38

For comparison, a single 15-minute visit is $75, so membership brings your effective rate down to as low as $38 per 15 minutes of care. Memberships may be cancelled any time after a 3-month commitment without any penalties or changes to visit rates. Full membership terms and current pricing are detailed at evolveholisticcenter.com/evolve-memberships.

Informed Consent: A Plain-Language Overview

So that you can make a confident, informed choice, here is a plain-language overview of what this care is and isn't. The complete informed consent documents are included at the end of this guide, and you'll also review and sign them as part of your intake. I welcome all your questions along the way.

Nature and intent of care

> The care I provide is wellness and self-regulation oriented. It is not provided as a treatment for, or a cure of, any diagnosed condition, and is not a substitute for medical diagnosis or treatment. This is consistent with my extensive training in NetworkSpinal Care and more than two decades of study and practice in energy work.

I don't diagnose or treat specific conditions through this care (apart from evaluating and diagnosing injuries to ensure proper management and referrals when necessary). Instead, I support your body's own capacity to heal and adapt. Many people experience improvements in symptoms, stress, function, and quality of life as their nervous system becomes more adaptable, and such outcomes have been documented in published case studies, but these results **can't be directed, promised, or guaranteed**.

As your body becomes more adaptable, other healthcare guidance, medications, supplement regimens, or routines may need to shift or be stopped. I cannot make medical recommendations. Please continue working with your physician and other healthcare providers, and keep up any medical care, medications, or testing they recommend as long as those recommendations are in alignment with your personal desires and informed consent. Any changes you wish to make regarding another practitioner's recommendations need to be discussed with that practitioner. I recommend discussing the care you are receiving here and I am glad to consult with other doctors in collaboration for you to receive the best care possible.

What you might experience

The spinal and energy work is gentle and low-force. As with any hands-on care, the muscle work and occasional adjustments may produce temporary soreness. As tension releases, some people notice emotional shifts, fatigue, vivid dreams, or a brief intensification of an old pattern before it eases. These responses are generally a normal part of the process. Please tell me about anything you're experiencing. The best way to journal your experiences for me to review is through my HIPAA compliant patient portal. Please also let me know about any changes in pregnancy, injuries, medical conditions, medications, or vaccinations so I can adapt your care and refer you when appropriate.

Shared decisions, and your freedom to choose

We decide on your care together. You are always free to ask questions, to decline or stop any part of your care, and to pause or end care at any time, for any reason. If I discover you have a need that this kind of care isn't meeting, I'll say so honestly and either introduce another approach or refer you to an appropriate provider in a timely way. I always welcome your honest feedback, and I do not take any success or failure of this care approach personally. I always want what is best for you and this requires open and honest communication.

About energy work and the source of this care

Energy work is part of my approach. It rests on a belief in, and unity with, a single loving Creator, whom I also call Source, God, or love. It is not associated with any religion, and it is offered as supportive wellness care, not as medical treatment and not as a substitute for it. You're welcome to engage in as much or as little of the teaching about working with this energy yourself as feels right to you. As stated before, being a conduit of the Creator's love is something anyone can practice, and I have practiced it for most of my life. I cannot provide care without it flowing through everything I do. If that does not align with your personal beliefs, then care at Evolve may not be the right fit for you. If you do not wish to receive the loving energy I am a natural channel for, I completely respect that and wish you the very best in your healing and life journey.

> **In short:** this is wellness and nervous-system care that supports your body's own healing, offered with full transparency, your active consent, and your freedom to choose at every step. While many elect to see me as their sole care provider, the care I offer complements, and is not a replacement for, the care of other providers.

Is This Right for You?

This work isn't the right fit for everyone, and it isn't always the right time to begin such an involved process, and that's perfectly okay. What matters most is that you feel safe, seen, and supported wherever you are on your journey, and that you achieve your health and life goals.

If you'd like to experience this work before committing to anything, I host a free monthly Energy Immersion event, open to practice members and their guests. It's a relaxed, no-obligation way to experience what I offer and connect with our growing community. Learn more and sign up to attend an Energy Immersion as my guest at www.evolveholisticcenter.com/events.

If something in these pages resonated, if part of you is ready to stop pushing through and start truly reconnecting, then I'd be honored to walk alongside you. Your body is wiser than you've been taught to believe. Let's give it the space, the support, and the conditions to remember how to heal, reconnect and open to more.

If you're ready to take the next step, I'm here. Welcome to a different paradigm. You've arrived at the perfect time.

With love,
Jason

Jason Dixon, DC
Evolve Holistic Center

Complete Informed Consent for Care

The following are the complete informed consent documents for the care offered at Evolve Holistic Center. Please read them carefully. You will also have the opportunity to review and sign them as part of your intake, and I'm glad to answer any questions beforehand.

Informed Consent for Spinal Energy Integration Care

I believe in a shared decision-making process when it comes to your health. You have the right to be fully informed about the condition of your health and the care I recommend so that you can make empowered choices. This document is designed to provide you with all the necessary information to help you make an informed decision about receiving care at Evolve Holistic Center.

Understanding Spinal Energy Integration Care

At Evolve Holistic Center, I offer a blended form of energy healing and spinal care based on over two decades of study and practice in energy healing and a modality known as NetworkSpinal® (NS). NetworkSpinal Care is a researched approach to wellness and body awareness that is taught exclusively to chiropractors. It provides a unique application of spinal care designed to enhance the connection between your brain and body, ultimately leading to greater well-being.

Many individuals who receive NS Care report profound shifts in their lives, including significant emotional experiences that coincide with the release of long-standing stress and tension. While I cannot guarantee specific outcomes, I do encourage you to approach this care with an open mind, as it may lead you to experience your body and life in a completely new way.

Acknowledgements

I request and consent to receiving spinal care, including wellness education, from Dr. Jason Dixon, DC, at Evolve Holistic Center. Dr. Jason provides NetworkSpinal (NS) Care, a gentle and highly specialized approach with unique clinical outcomes. He chooses to practice NS because he is both professionally and personally confident in its safety and effectiveness.

Dr. Jason has extensive training in both traditional chiropractic care and NetworkSpinal Care, ensuring a comprehensive approach to spinal health and wellness.

This consent form serves to clarify the nature of the services provided, our shared responsibilities, and the expectations of care. By understanding these elements, we can foster a stronger practitioner-client relationship and create a healing environment that supports your personal growth and well-being.

What to Expect from NetworkSpinal Care

NetworkSpinal Care is different from traditional chiropractic adjustments. It does not involve manual or instrument-based manipulations that create a popping or cracking sound. Instead, it enhances your body's awareness of itself, helping you develop new strategies for healing, adapting to stress, and improving overall wellness. Through this process, your body can naturally self-correct and self-regulate spinal tension patterns, supporting your innate ability to heal.

NS Care consists of gentle touch contacts along specific points on your spine, particularly in the neck and back. These light touches help establish greater communication between your brain and body, creating new sensory and motor patterns. This approach aligns with somatic (body and spinal awareness) training and has been studied, with many people reporting benefits for overall wellness. If you are interested in learning more, I can provide access to published research articles and abstracts. You can also visit the Chiropractic and NetworkSpinal page on this site to explore more about this care. Published research on NetworkSpinal is available on request.

Progress and Assessments

As part of your NS Care, I will assess your spinal and body awareness, responsiveness to tension and ease patterns, and ability to engage with your own healing process. Regular reassessments will be performed to track changes in your nervous system integrity and self-regulation capabilities. I will share observations about how your spine and nervous system are evolving through this process.

NS Care progresses through different levels, each involving the development of unique spinal wave motions, spontaneous movements, and internal reorganizational patterns. These spinal waves contribute to greater spinal stability, energy redistribution, and deeper internal awareness. Research suggests that these processes support enhanced well-being, a higher quality of life, and greater overall life enjoyment.

Additional Assessments and Education

Beyond NS Care, I may conduct additional assessments and provide guidance tailored to your specific needs. This could include spinal evaluations, lifestyle recommendations, or other supportive care approaches.

It is important to understand that the care provided at Evolve Holistic Center is not a substitute for traditional medical diagnosis or treatment. Instead, it is a form of wellness care designed to empower you with greater body awareness, self-regulation, and healing strategies. Through NS Care, your body can learn to release and redirect tension in a way that is unique to this approach.

Common Responses to Care

It is common for individuals receiving NS Care to experience deep, spontaneous breathing, changes in posture, and a release of tension during or after a session. Many also report feeling more energized, more present in their bodies, and more connected to their inner life force. At times you may experience the tension your body is holding more intensely as your nervous system is reorganizing to a more efficient way of being.

You may notice increased emotional expression, shifts in movement patterns, and even profound changes in your lifestyle choices. These are all natural responses as your body reorganizes itself in healthier, more sustainable ways.

Is This Care Right for You?

This form of care is not intended for individuals who seek to simply remove a symptom without undergoing deeper personal transformation. At Evolve Holistic Center, my goal is not just to help you

return to a previous state of health but to guide you toward an entirely new level of wellness and life potential.

By choosing Spinal Energy Integration Care at Evolve, you are engaging in a process that can open doors to greater vitality, deeper self-awareness, and profound shifts in your overall well-being. I look forward to being a part of your journey to a more empowered, connected, and thriving life.

Informed Consent for Chiropractic Care and Myofascial Therapies

Understanding Chiropractic Care

Chiropractic care is based on the science of the relationship between the structure of the body (primarily the spine) and its function (primarily the nervous system), and how this relationship impacts overall health and well-being.

Chiropractic adjustments involve applying a precise movement or force into the spine or extremities to address subluxations, which occur when vertebrae are misaligned or not moving properly, leading to nervous system interference or altered coherence of the spine and nervous system. The primary goal of chiropractic care is to reduce or remove nerve interference to restore function and promote healing.

What to Expect During Chiropractic Care

Your care may include a variety of chiropractic techniques tailored to your individual needs. These may involve:

- **Spinal and extremity adjustments:** precise manual or instrument-assisted movements to restore proper function and alignment.
- **Physical examinations:** including orthopedic and neurological testing, palpation, functional leg length reactivity testing, and manual muscle testing.
- **Therapeutic modalities:** physiotherapy or rehabilitative exercises may be incorporated to support your progress.
- **Postural and lifestyle recommendations:** guidance to support spinal health and overall wellness.

Chiropractic adjustments have been shown to help reduce pain, improve mobility, and enhance quality of life. However, it is important to be aware that all healthcare treatments have some risks.

Risks Associated with Chiropractic Care

While chiropractic care is generally safe and effective, some risks may include:

- Temporary soreness or discomfort after adjustments
- Musculoskeletal sprains or strains
- Rare cases of rib fracture or disc injury
- Extremely rare cases of stroke associated with upper neck adjustments (though studies indicate that patients experiencing stroke symptoms may seek care during the early stages of a stroke, rather than the adjustment causing it). The adjustment procedures used at Evolve Holistic Center

do not involve twisting maneuvers in the upper cervical spine that have the rare association with incidences of stroke.

Joints that don't move well tend not to stay well. Restricted motion is associated over time with connective tissue changes, local inflammation, irritation of nearby nerve tissue, and degenerative change in the joint itself. If you decline this part of your care, that's entirely your choice — we'll discuss other options, and I'll refer you if that serves you better.

Understanding Myofascial Therapy

Myofascial therapy focuses on mobilizing restricted fascia (the connective tissue surrounding muscles) and breaking up adhesions that contribute to discomfort and limited mobility. This therapy aims to:

- Release fascial restrictions and scar tissue
- Stimulate natural healing processes by causing microtrauma to adhesions for proper remodeling of chronic soft tissue dysfunctions
- Improve blood flow and tissue reorganization
- Enhance range of motion by restoring normal muscle glide

What to Expect During Myofascial Therapy

Myofascial therapy techniques may include:

- **Myofascial scraping (Instrument-Assisted Soft Tissue Mobilization, IASTM):** using a specialized tool to break down fascial adhesions.
- **Manual myofascial release:** hands-on techniques to release tension in soft tissues.
- **Flushing techniques:** stimulating circulation to promote tissue healing.

Risks Associated with Myofascial Therapy

While generally safe and beneficial, myofascial therapy may involve:

- Temporary soreness or mild discomfort
- Bruising due to the nature of soft tissue manipulation
- Muscle or joint tenderness
- Potential contraindications for individuals with blood clotting disorders, a history of thrombosis, or those undergoing cancer treatment (please inform me if any of these apply to you)

If you choose not to receive myofascial therapy, untreated adhesions may continue to limit mobility and contribute to discomfort and altered biomechanics, which can lead to excess wear and tear on soft tissues and joints.

These documents reflect the informed consent for care at Evolve Holistic Center as published at evolveholisticcenter.com/policies. You will have the opportunity to review and sign them as part of your intake. Policies and fees are reviewed from time to time; the current versions are always available at evolveholisticcenter.com/policies.

Acknowledgement and Consent to Care

Please read the following before continuing care at Evolve Holistic Center. Your signature confirms your understanding and your voluntary choice to proceed.

By signing below, I acknowledge and agree that:

1. I have read and understand this Practice Member Guide to the Evolve Holistic Method, including how care is provided, what to expect, and the financial policies.
2. I have read the Informed Consent for Spinal Energy Integration Care and the Informed Consent for Chiropractic Care and Myofascial Therapies included in this guide, and I understand the nature, benefits, and risks of the care described.
3. I acknowledge that I must be an active participant in my own healing and that the care offered at Evolve Holistic Center may help me connect with my body, my emotions, and shift longstanding patterns, promoting changes in how I experience my body and engage with life.
4. I am voluntarily choosing to receive care at Evolve Holistic Center, and I consent to the care approach described, which includes Spinal Energy Integration, a combination of NetworkSpinal Care and hands-on and non-touch (or remote) energy work to support the development of self-regulating strategies, and may include gentle low-force chiropractic adjustments, muscle and soft-tissue (myofascial) therapies, muscle and energy testing, lifestyle guidance, and supportive wellness tools.
5. I understand that this care is wellness and self-regulation oriented. It is not a substitute for medical diagnosis or treatment, and it is not provided as a specific treatment for, or a cure of, any diagnosed condition. I understand that results vary from person to person and cannot be promised or guaranteed.
6. I understand that the Creator's loving energy, with Dr. Jason Dixon as a conduit, is an integral part of all care he provides, that this care is not associated with any religion, and that I may decline learning to work with this energy myself.
7. I understand that Dr. Jason does not provide medical advice or make changes to another provider's recommendations, and that I should continue working with my physician and other healthcare providers as appropriate. I understand that I will be referred to an appropriate provider when a need arises that is outside the scope of this care or if I am not progressing as expected.
8. I understand that Evolve Holistic Center does not bill or participate with any insurance and does not assign diagnosis or procedure codes for billing. I am responsible for payment in full at the time of service.
9. I understand that gentle chiropractic adjustments, when needed, are included as a part of my care and are not offered as a separate, stand-alone service.
10. I have given accurate and complete information about my health, and so he can provide me with the best care possible, I will promptly inform Dr. Jason of any changes, including new health practices I adopt, pregnancy, injuries, medical conditions, medications, or vaccinations.

11. I acknowledge that the practice's full financial policy and Notice of Privacy Practices are available to me at www.evolveholisticcenter.com/policies, and that I may request a copy at any time.
12. I have had the opportunity to ask questions, and all questions I have asked have been answered to my satisfaction.
13. I understand that I may ask questions, decline or stop any part of my care, or end care at any time, for any reason.

I am signing freely and of my own choice. I understand this consent applies to my care on an ongoing basis until I revoke it in writing.

Practice member name:_____ Date of birth:_____

Signature:_____ Date signed:_____

If the practice member is a minor:

I am the parent or legal guardian of the minor named above, and I consent to this care on their behalf.

Minor's name: _____ Minor's date of birth: _____

Parent or guardian name: _____ Relationship: _____

Parent or guardian signature: _____ Date: _____
