

What to Expect at Your Consultation

- ★ TIME: Initial General Consults will last approximately 2 hrs.
Follow-up Consults will last 30 min - 1 hr. Acute Consults will last 30-45 min.
- ★ TALK: We will discuss your health history (birth through present) working from the Pre-Consultation Intake Form you filled out online prior to consult, your immediate family health history, your lifestyle habits (sleep, exercise, nutrition, etc)
- ★ BRING: Bring with you medications *currently* taking (prescription, over-the-counter, and supplements/natural medicines - either container/bottle or written out full name, mg, dosage, and frequency)
& 5 day food diary
- ★ TAKE: You will take home with you: Initial recommendations (herbal, nutritional, lifestyle) written out by me, access or print-outs to How-To's for taking herbal medicines or techniques, possibly an sample dose of herbal medicine fitted to your recommendations
- ★ EXCHANGE: Payment is expected at time of appointment or before. Cash, check, Debit/Credit card accepted.
- ★ GET: The herbal remedies recommended can be gotten from several locations. We will discuss your options and the cost and accessibility of each of those options.