



PLANT WISDOM WITHIN, LLC

HERBS, NUTRITION, & WELLNESS

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INFORMATION AND CONSENT TO SERVICES

- To be signed before services are provided.

I have read and understand this form and acknowledge that the purposes, goals, techniques, procedures, limitations, potential risks and benefits of the service(s) to be performed have been explained to me. Further, I have had the opportunity to ask my herbalist/nutritionist questions regarding the proposed services, this consent form, and other potential information, including questions about her, and have received satisfactory explanations. I understand that I am free to discontinue service(s) at any time.

Completion of this form indicates my voluntary consent to herbal/nutritional consultation(s).

PRINTED NAME OF CLIENT:	Date of Birth _____
Address: City, State, Zip Code:	Preferred Phone Number _____ <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work OK to text you? <input type="checkbox"/> Yes/ <input type="checkbox"/> No
Preferred email address:	

SIGNATURE OF CLIENT (or legal guardian if client is a minor)	Date
SIGNATURE OF PRACTITIONER	Date

HERBAL/NUTRITION/WELLNESS CONSULTATIONS

Services to be Provided

I understand that herbs are considered to be food supplements and are utilized to strengthen and support overall health and wellness. Herbs and nonmedical nutrition suggestions can serve as an excellent adjunct to a medical doctor's treatment, but are not a substitute for that treatment. An herbalist can neither diagnose nor treat disease.

Fees and Charges

I have been informed of the fees for service, and I understand that payment is due when the services are provided. If I do not cancel an appointment at least 24 hours in advance, then I am liable for 50% of the fee.

INFORMATION DISCLOSURES

Risks/Possible Side Effects

Side Effects

The historical record and modern research indicate that the herbs most often used for healthcare have an exceptional safety record. However, adverse reactions and unintended side effects can sometimes occur when taking herbs. Side effects that have occasionally been reported after using herbs include headaches, skin rashes, and digestive upsets. Such effects generally resolve rapidly, especially if the dosage is reduced or the herb is stopped. Allergic reactions are also very rare but have been reported, usually in individuals with contact allergy to specific plants. Should adverse reactions or unpleasant side effects occur, I agree to discontinue taking the herbs and contact my herbalist as soon as possible. My herbalist may be able to propose measures to reduce any discomforts or may refer me to a physician or other healthcare practitioner.

Drug-Herb Interaction

Although herbs and other supplements have the potential to interact with pharmaceuticals and certain herbs have been shown to have some effect on a limited range of pharmaceuticals, clinically significant interactions between most herbs and prescription drugs are rare or only potentially possible in theory. Nevertheless, some prescribed drugs are very strong and have a narrow range of safe dosage, which makes any interaction more risky. It is the responsibility of the client to disclose fully any medication(s) currently in use, including other herbs and supplements. Clients are also expected to inform their physicians of any herbs and supplements they are using. Any indication that the effect of a drug is being altered by simultaneous use of an herb should be reported directly to all health professionals involved. It is also advisable to stop taking herbs at least 48 hours before a surgical operation, and in the event of being prescribed anticoagulants, antiepileptic drugs, and digoxin until expert advice is received.

Toxicity

All of the herbs that are recommended by Plant Wisdom Within, LLC are generally considered safe and non-toxic at recommended doses for most people; however, it is important that the client use the herbs in accordance with the dosage recommended by the herbalist. As the liver and the kidneys are the body organs most vulnerable to any ingested or absorbed substance, it is also important that the client disclose to the herbalist any past or current disease in either of these organs. Herbs should not be used in pregnancy or lactation without the advice of a healthcare practitioner, and clients who become pregnant should stop taking herbs until that advice is received. I understand and agree that it is important that I do not exceed the

recommended dose of the herbs suggested by my herbalist. I also understand and agree to disclose to my herbalist any previous or current liver or kidney disease or related disease as well as any other condition that I believe may have an impact on my health status.

Client Responsibilities

I understand that it is my responsibility as a client to inform my practitioner of all aspects of my health and that, as service progresses, to inform my herbalist of changes in health status including: my perception, medications or supplements, physician diagnoses, and/or surgical or outpatient procedures. I will inform my herbalist if I am pregnant, plan to become pregnant, and/or suspect pregnancy at any time. If I experience any pain, discomfort, or possible adverse side effects, it is my responsibility to immediately notify my herbalist.

Medical Treatment

I recognize that an herbalist/nutritionist is not a substitute for a medical doctor and that an herbalist/nutritionist will not suggest that I discontinue medical treatment. I understand that if I am currently under a physician's care, I should continue as long as my physician and I deem necessary. It is my responsibility to consult with my physician before altering any medications or medical treatments. I understand that my herbalist/nutritionist may request a physical exam if it has been over a year since my last exam. I am free to consult a medical doctor or any other licensed healthcare provider at any time. I understand also that if there is an emergency or a worsening of my health condition, or if a new ailment or condition arises, that I should consult a licensed physician.

No Guarantees

I know that each person is unique and has ultimate responsibility for his or her own healthcare. I acknowledge that I have not received any guarantees or promises as to the results or success that will be obtained from the services provided.

License or Certification

I recognize that Delaware does not license herbalists and that any statement or credentials are for information purposes only. I recognize that my practitioner is nationally certified in nutrition and recognized and licensed by the State of Delaware to practice as such.

Infections Disease Prevention

I understand that infectious diseases are carried through the air, through physical contact, and through body fluids. I understand that Plant Wisdom Within follows universally prescribed precautions (such as hand washing) to prevent the spread of infectious disease.



CONSENT FORM

PRACTITIONER: _____

CLIENT NAME: _____ DATE: _____

NAME OF PARENT/GUARDIAN IF CLIENT IS A MINOR: _____

Informed Consent

I hereby give my practitioner (listed above) permission to make holistic health recommendations based on the following principles:

- *Support the body's innate healing capacity* by using natural therapies that minimize the risks of harmful side effects.
- *Never attempt to suppress disease symptoms* but instead find and address the underlying cause of health imbalances.
- *Support the whole person* by taking into account physical, emotional, dietary, genetic, environmental, and lifestyle factors.
- *Build & Restore the body's vital force* in order to prevent minor illnesses from developing into more serious diseases.

These recommendations may include, but are not limited to: Herbs, supplements, nutrition, bodywork, energy work, and lifestyle/ habits, and possibly referrals to medical doctors or other healthcare providers if a person cannot be safely supported with natural therapies. I am informed of my right to refuse any recommendation and agree to apply these recommendations based on my own volition.

I acknowledge and agree it is my responsibility to inform my practitioner immediately if I become pregnant or plan to become pregnant while under her care.

Potential Risks of Herbs & Supplements

Side Effects – The historical record and modern research indicate that the herbs most often used for healthcare have an exceptional safety record. However, adverse reactions and unintended side effects can sometimes occur when taking herbs. Side effects that have occasionally been reported include headaches, skin rashes, and digestive upsets. Should adverse reactions or unpleasant side effects occur, I agree to discontinue taking the herbs and contact my herbalist as soon as possible. My herbalist may be able to propose measures to reduce any discomforts or may refer me to a physician or other healthcare provider. I also agree to discontinue taking the herbs if I become pregnant or plan to become pregnant until such time as further professional consult deems their continuation advisable.

Drug-Herb Interactions – Although herbs and other supplements have the potential to interact with pharmaceuticals and certain herbs have been shown to have some effect on a limited range of pharmaceuticals, clinically significant interactions between most herbs and prescription drugs are rare or only potentially possible in theory. Nevertheless, some prescribed drugs are very strong and have a narrow range of safe dosage, which makes any interactions more risky. It is my responsibility to disclose to my practitioner any medications currently in use, including other herbs and supplements. Any indication that the effect of a drug is being altered by simultaneous use of an herb should be reported directly to all health professionals involved. It is also advisable to stop taking herbs at least 48 hours before a surgical operation, and in the event of being prescribed anticoagulants, antiepileptic drugs, and digoxin, until expert advice is received.

Toxicity – Herbs recommended by my practitioner are generally considered safe and non-toxic at recommended doses. It is important that I use these herbs in accordance with the dosage recommended by my practitioner. As the liver and the kidneys are the body organs most vulnerable to any ingested or absorbed substance, it is also important that I disclose to my practitioner any past or current disease in either of these organs.

Disclaimer

Delaware does not license Integrative health Practitioners, Herbalists, Reflexologists, or Reiki practitioners and any statement of credentials is provided for information purposes only.

Recommendations provided by my practitioner are an excellent adjunct to a medical doctor's treatment, but are not a substitute for that treatment. For the diagnosis and treatment of any disease, please consult a medical doctor. Further, please inform your medical doctor of all holistic recommendations you are receiving.

Signature of Client or Parent/Guardian _____ Date _____