



CommonWealth Center for Holistic Herbalism
Boston, MA

Informed Disclosure

I am not a doctor.

I am an herbalist and an educator.

Herbally, I work in a holistic paradigm. Nutritionally, I work with the principles of traditional nutrition, ancestral nutrition, and slow food. In all cases, my primary goal is to help you nourish and support your body so that it can heal itself.

I am happy to provide you with information and research in writing that you can discuss with your other healthcare providers at any time. You should notify your physician(s) of any herbs or supplements you are using. It is your responsibility to notify me of any prescription medications you are using.

Herbs work over time; however, if at any time you don't feel happy with any recommendations, or if you feel you might be having an adverse reaction, please let me know and we will work to find something that you are comfortable with.

Good health is your own personal responsibility: the final decision in any recommendation – whether to follow it or not – is always yours.

The nature of this appointment is educational: it is important to me that you have a good understanding of what we discuss, no matter how many questions you need to ask or how long it takes us to get clear.

Please sign to indicate you have read and understood this information:

name

date