

INFORMED CONSENT FORM AND AGREEMENT FOR HERBAL CONSULTATION

Suzanne Teachey, Herbalist

ABOUT YOUR HERBAL CONSULTATION

During your herbal consultation your herbalist will focus on educating you about ways you can enhance your body's innate healing capacity. The consultation is an opportunity to learn natural approaches to health and receive education about the use of herbs for greater health and well-being.

Before your first visit, you will need to complete a questionnaire about your health and lifestyle. During the consultation your herbalist will evaluate patterns in your health and individual constitution and make recommendations for improvements. You will receive written recommendations which may include personalized custom herbal formulas, supplements, food and lifestyle changes. These recommendations are educational and are intended to support and facilitate your own informed-decision making and empower you in your journey towards better health. A given herbal program may be followed from 1 to 3 months or more, depending on the individual and their health status.

If during your consultation, the herbalist determines that your needs are not within the scope of their training and specific expertise, you may be referred to another practitioner.

THE ROLE OF AN HERBALIST

Herbalists are not licensed practitioners in the United States or in the State of Arizona. Herbalists do not diagnose, treat disease or prescribe treatment. Your herbalist is not a licensed medical doctor or naturopathic medical doctor. The focus of your consultation is on educating you about ways you can enhance your body's innate healing capacity and optimize our health. The services provided are not intended to replace the those of a licensed physician or other healthcare provider.

YOUR RESPONSIBILITY

You agree to make your own informed decisions concerning the information provided and are solely responsible for your decisions and actions based on that information.

PAYMENT

Payment is due at the time of your visit. The price of your visit does not include herbs, supplements or other products that may be recommended during your visit. If you are unable to afford the cost, please let us know. We can offer a sliding scale for payment. Payment can be made via Venmo, Zelle, or personal check.

CANCELLATION POLICY

If you need to reschedule or cancel your appointment, please provide us with at least 24 hours advance notice to avoid a cancellation fee. If you cancel with less than 24 hours' notice or fail to show up for a scheduled appointment, you will be charged \$50 for an initial consult or \$25 for a follow-up visit.

PRIVACY

The information shared with your herbalist is confidential. Your information will only be disclosed with your written consent, if legally mandated or in the event of threatened suicide, child or elder abuse.

I _____ have read this document, **INFORMED CONSENT FORM AND AGREEMENT FOR HERBAL CONSULTATION**. I understand the purpose and scope of the client and herbalist relationship. I understand that my herbalist is not a licensed practitioner, medical doctor or naturopathic medical doctor, and does not diagnose, treat disease or prescribe treatment. I understand that an herbal consultation is not a replacement for the care of a licensed physician or other healthcare provider. I am seeking an herbal consultation solely for educational purposes and my own informed decision-making and agree that I am solely responsible for my decisions and actions based on the information provided.

PRINTED NAME:

SIGNATURE:

DATE: _____

PERSONAL HEALTH PROFILE

NAME: _____

DATE OF BIRTH: _____ PREFERRED PHONE NO.: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____

WHO REFERRED YOU? _____

EMERGENCY CONTACT NAME: _____

RELATIONSHIP: _____ PHONE NO.: _____

KEY AREAS OF INTEREST OR CONCERN

List the main health topics or concerns you want to discuss:

- 1) _____
- 2) _____
- 3) _____

Have you seen a medical doctor or other healthcare practitioner regarding any of these topics or concerns? If so, please specify the concerns and the practitioner:

Concern(s): _____

Practitioner Name(s): _____

Medications, Supplements & Herbs: Please list all prescription and over-the counter medications, supplements, and herbs you are currently taking:

Name:	Dosage:	For What Purpose:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Attach additional page if necessary.

Allergies: Do you have allergies to medications, food or herbs? No Yes If yes, please list your allergies:

Lifestyle & Personal Habits:

Height: _____ Weight: _____ Is your weight stable? No Yes

Do you drink alcohol? No Yes Frequency? _____

Do you use tobacco or vape? No Yes Frequency? _____

Do you use cannabis or CBD? No Yes Frequency? _____

Do you use recreational drugs? No Yes Frequency? _____

Do you drink coffee or tea? No Yes How much? _____

Do you exercise regularly? No Yes Frequency? _____

Type of exercise? _____ Duration? _____

Describe your home environment? _____

What gives your life meaning? _____

What has had a significant impact on your health, past or present? _____

What do you like to do for relaxation? _____

Do you work? No Yes If yes, what kind of work do you do? _____

Dietary Habits - Describe a Typical Day's Menu:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Desserts: _____

Beverages: _____

Do you have any known or suspected food sensitivities? No Yes If yes, to what? _____

Family History:

Do you have any family members (Mother, Father or Siblings) who have had any of these conditions?

- Alzheimer’s Disease Auto-Immune Condition Cancer Diabetes Dementia
- Heart Disease High Blood Pressure High Cholesterol Mental Illness

Personal History:

Have you had any major injuries or accidents? No Yes If yes, please list with dates:

Have you had any major illness, surgery or hospitalizations? No Yes If yes, please list with dates:

Are you pregnant or could you be pregnant? No Yes If yes, how many months? _____

Indicate whether you have had any of the following experiences.

Use a “C” for CURRENT if it happened in the last three months or a “P” for PAST if it happened in the past.

Digestive System:		
<input type="checkbox"/> Abdominal pain <input type="checkbox"/> Belching <input type="checkbox"/> Constipation <input type="checkbox"/> Diarrhea <input type="checkbox"/> Food Cravings <input type="checkbox"/> Gall stone <input type="checkbox"/> Gas or Bloating	<input type="checkbox"/> GERD’s or Heartburn <input type="checkbox"/> Hemorrhoids <input type="checkbox"/> Hepatitis <input type="checkbox"/> IBS <input type="checkbox"/> Nausea <input type="checkbox"/> Poor Appetite <input type="checkbox"/> Ulcers	<input type="checkbox"/> Other: _____
Number of bowel movements daily? _____ Are they? <input type="checkbox"/> Loose <input type="checkbox"/> Normal <input type="checkbox"/> Hard <input type="checkbox"/> Incomplete		
Nervous & Endocrine System:		
<input type="checkbox"/> Anxiety <input type="checkbox"/> Brain fog / Cloudy thinking <input type="checkbox"/> Depression <input type="checkbox"/> Difficulty concentrating <input type="checkbox"/> Fatigue <input type="checkbox"/> Headaches <input type="checkbox"/> Hot flashes <input type="checkbox"/> Hormonal imbalance	<input type="checkbox"/> High Stress <input type="checkbox"/> Irritability <input type="checkbox"/> Mental illness <input type="checkbox"/> Mood swings <input type="checkbox"/> Numbness or tingling <input type="checkbox"/> Poor sleep <input type="checkbox"/> Poor memory <input type="checkbox"/> Racing thoughts	<input type="checkbox"/> Thyroid dysfunction <input type="checkbox"/> Other: _____

Use a "C" for CURRENT if it happened in the last three months or a "P" for PAST if it happened in the past.

Immune:		
<input type="checkbox"/> Allergies <input type="checkbox"/> Auto-Immune condition <input type="checkbox"/> Cancer <input type="checkbox"/> Chemical sensitivities <input type="checkbox"/> Chronic infection	<input type="checkbox"/> Hives <input type="checkbox"/> Herpes <input type="checkbox"/> Fevers <input type="checkbox"/> Frequent colds or infection <input type="checkbox"/> Swollen glands	<input type="checkbox"/> Other: _____
Musculoskeletal:		
<input type="checkbox"/> Back pain <input type="checkbox"/> Joint pain <input type="checkbox"/> Muscle pain <input type="checkbox"/> Muscle weakness <input type="checkbox"/> Neck pain	<input type="checkbox"/> Osteoarthritis <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Reduced range of motion <input type="checkbox"/> Rheumatoid arthritis <input type="checkbox"/> Stiffness	<input type="checkbox"/> Other: _____
Cardiovascular:		
<input type="checkbox"/> Chest pain <input type="checkbox"/> Cold hands and feet <input type="checkbox"/> Dizziness <input type="checkbox"/> Fainting <input type="checkbox"/> High blood pressure	<input type="checkbox"/> High cholesterol <input type="checkbox"/> Irregular heartbeat <input type="checkbox"/> Low blood pressure <input type="checkbox"/> Poor circulation <input type="checkbox"/> Varicose veins	<input type="checkbox"/> Other: _____
Respiratory System:		
<input type="checkbox"/> Asthma <input type="checkbox"/> Bronchitis <input type="checkbox"/> Cough <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Frequent infections	<input type="checkbox"/> Pneumonia <input type="checkbox"/> Respiratory infection <input type="checkbox"/> Seasonal allergies <input type="checkbox"/> Sinus congestion <input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Other: _____
Urinary System:		
<input type="checkbox"/> Frequent urination <input type="checkbox"/> Incontinence <input type="checkbox"/> Kidney stone <input type="checkbox"/> Painful urination	<input type="checkbox"/> Urgency <input type="checkbox"/> Urinary Tract Infection <input type="checkbox"/> High blood pressure <input type="checkbox"/> Water retention	<input type="checkbox"/> Other: _____
Skin & Hair:		
<input type="checkbox"/> Acne <input type="checkbox"/> Boils <input type="checkbox"/> Eczema <input type="checkbox"/> Frequent itching	<input type="checkbox"/> Frequent rashes <input type="checkbox"/> Hives <input type="checkbox"/> Hair loss <input type="checkbox"/> Poor healing sores/wounds	<input type="checkbox"/> Other: _____

Use a "C" for CURRENT if it happened in the last three months or a "P" for PAST if it happened in the past.

Reproductive – Female:		
<input type="checkbox"/> Absence of menstruation <input type="checkbox"/> Breast lumps <input type="checkbox"/> Breast pain/tenderness <input type="checkbox"/> Cramps <input type="checkbox"/> Difficulty conceiving <input type="checkbox"/> Endometriosis <input type="checkbox"/> Heavy bleeding <input type="checkbox"/> Hot flashes	<input type="checkbox"/> Irregular cycles <input type="checkbox"/> Menopause <input type="checkbox"/> Ovarian Cysts <input type="checkbox"/> PCOS <input type="checkbox"/> PMS <input type="checkbox"/> Unusual bleeding <input type="checkbox"/> Unusual discharge <input type="checkbox"/> Uterine fibroids	<input type="checkbox"/> Other: _____
Length of cycle: _____ Duration of bleeding: _____ Age at Menopause: _____ Use birth control? <input type="checkbox"/> No <input type="checkbox"/> Yes How long? _____ Use HRT <input type="checkbox"/> No <input type="checkbox"/> Yes How long? _____		
Reproductive - Male:		
<input type="checkbox"/> BPH <input type="checkbox"/> Elevated PSA levels <input type="checkbox"/> Erectile dysfunction <input type="checkbox"/> Low sperm count	<input type="checkbox"/> Prostate Cancer <input type="checkbox"/> Prostatitis <input type="checkbox"/> Testicular pain	<input type="checkbox"/> Other: _____

Is there anything else you feel is important?

Almost finished! Please complete the form "Determining Your Constitution" on the next page.

Determining Your Constitution

As you go through this form, check the box based on what feels like the *most accurate long-term tendency for you*. This will give the clearest depiction of who you are. Usually only one of the 3 options will seem accurate. However, if two options feel equally accurate, mark them both. Very occasionally all three will feel equally accurate; if so, mark all three answers. Tally up your answers at the end of each column to discover your unique combination.

	✓	TYPE 1	✓	TYPE 2	✓	TYPE 3
BODY FRAME		long and lean		moderate		substantial
BODY WEIGHT		tends to be underweight		tends to be moderate		tends to be overweight
SKIN		dry, rough, cold, thin		soft, warm, fair, moles and freckles, flushes easily		oily, thick, cool, pale
HAIR		dry, rough, brittle, curly or kinky, coarse, light brown		thin, fine, straight, light-colored, early gray, balding		thick, oily, strong, healthy
TEETH		irregular, protruding, crooked, thin gums, tendency to tooth decay		regular, moderate, soft gums, yellowish		big, white, strong, healthy
EYES		small, darting, brown		moderate, sharp, intense, greenish		blue, big, caring, thick eyelashes
LIPS		thin		moderate, red		full, pale
NECK		long and thin		moderate		short and thick
JOINTS		dry, cracking, cold, bony		moderate		well lubricated, large, not visible
MUSCULATURE		slight and stiff, tendon		medium, flexible,		firm, stout
APPETITE		variable, scanty, can miss a meal without noticing		good, excessive, gets hangry (hungry + angry) if a meal is missed		low but steady
THIRST		variable		excessive		steady
SWEATING		variable to none		excessive, odorous		moderate to none, no odor
SLEEP		wakes easily, difficult to fall asleep		falls asleep easily, stays asleep, has difficulty sleeping in warm weather		sleeps long and deep, has difficulty waking up
ELIMINATION		irregular, dry, hard, tends to constipation		regular, loose, soft, tends to diarrhea		slow, regular, oily
PHYSICAL ACTIVITY		fast and very active		moderate and competitive		lethargic, slow
DREAMS		often fearful, flying, running, jumping, dancing		often fiery, passionate, angry, violent		often calm, romantic, watery of relationships
EMOTIONS		unpredictable, anxious, insecure		irritable, jealous, blaming, judgmental, critical, angry		calm, quiet, loving
MIND		restless, active		aggressive, intelligent, intense		calm
FAITH		changeable		determined, can be fanatical		steadfast
MEMORY		recent good, long-term poor		sharp		slow but steadfast
INTERESTS		recreating, running, dancing, talking		competitive sports, debate, politics		family and social gatherings, cooking, collecting
FINANCES		poor, spends money on cheaply-made items		moderate, spends money on well-made items		rich, saves well
ACHIEVING GOALS		is easily interrupted & distracted		is focused, driven, production-oriented		works slowly and steadily
RELATIONSHIPS		has many casual acquaintances		has intense relationships		has loyal, long-term relationships
WEATHER		averse to cold, windy weather		averse to hot weather		averse to cold, damp weather
REACTION TO STRESS		excites easily, flies apart in all directions		rise to the challenge		rarely gets stressed; plods along
SHOWS AFFECTION		with words		with gifts		with touch
TOTAL:		Vata Type		Pitta Type		Kapha Type