



Herbal Arts

A P O T H E C A R Y



Name: _____

Date: _____

ATTACH ADDITIONAL PAPER AS NEEDED

Primary reason for initiating a consultation

How long have you had this issue?

Do you have a formal diagnosis?

What have you done in an attempt to manage this issue? Has anything made it better? Worse?

Can you identify other issues/imbances that may be related to what is going on? These can be mental, emotional, or physical.

Please list any practitioners you are currently seeing, as well as any medications/supplements you are taking:

Please describe any thoughts or feelings you have about this issue:

Please describe what it feels like to be you:

Do you tend to run hot/warm or cold/cool? Please explain.

Do you tend to feel dry (hair, skin, mouth, eyes) or moist/oily? Please explain?

Please begin to keep a food diary for yourself for the next 5 days. Please log everything you consume in the course of the day. Please be as specific as possible. It is important to understand that there is no judgment, and that honesty is extremely important. The more honest you are, the better our results will be. **Please bring the food diary to our first session together.**

Please be aware that when working with children, I always start with the health issues of the mother FIRST. We must have a minimum of 2 sessions before I will begin to discuss children's health concerns. To include children in the practice under the family umbrella, there is a \$100 one-time fee.

Please understand that all consults consist of robust herbal, nutritional, and lifestyle recommendations. The goal is to not overwhelm you, and to meet you where you are in a supportive role. My role is as a personal health educator, and I take that very seriously. Your responsibility is to work as diligently as possible on personal growth and facilitating positive lifestyle transformation.