

TO WHOM IT MAY CONCERN,

Thank you so much for your interest in working with me. Herbal allies, healthy foods + simple lifestyle changes can be beneficial for almost anyone in any state of wellbeing. It is my intention to work one-on-one with you to find simple and safe recommendations to help you feel better - whether that be addressing a simple wellness concern or just searching for a healthier lifestyle. This form is simply for educational purposes to help your wellness journey go smoothly as well as my role within it, and to hopefully answer any questions you may have pertaining to your decision toward making wellness a priority.

I am not a registered herbalist. I am mostly self-taught, though I have, and continue to, studied with The herbal Academy of New England to better educate myself on the clinical side of herbalism. Herbalism is not licensed in the United States, therefore I cannot treat/cure/diagnose any illness or disease. For this, you would need to see your doctor, osteopath or naturopath. If we were to work together, I would be a part of your wellness team.

During our time together, I would work to find patterns + imbalances within your constitution and make recommendations for balance + support. The choice is always yours as to whether or not you make these changes within your lifestyle. Your good health is in your hands. I encourage educating yourself on any wellness plans you adopt - whether prescribed by your physician or suggested by your herbalist.

I have a background in working mostly with digestive + physical support, as well as stress, anxiety, sleep, and emotional support. I am always open to working with new clients in any aspect of imbalance . I am still learning daily in my own herbal path, and hope that you will consider allowing me to grow by working with you.

OCOTILLO BOTÁNICA

As I am still relatively new to clinical herbalism, all of my consultation fees are donation based. Each package + plan has a suggested donation amount. Visit the consultations page of my website for more information on currently available packages. Standard (a la carte) rates are due at the time of the consultation. Package plan rates are due at the time of the initial consultation. If you are unable to afford a suggested donation amount, please let me know. We believe that herbalism should be available to all and will accept whatever you can afford, set up payment plans, or barter for other services. These must be discussed and determined prior to your appointment. Checks should be made available to "Alexis Smith" and credit cards are accepted via digital invoice or in person.

In order to begin a consultation, **please fill out the Intake Form and return it to me so that I receive it at least 3 business days before your scheduled appointment.** This form will allow me to get an overall view of your general health before we meet. It is very thorough, so if you are unsure of an answer or do not want to share certain information, please feel free to leave it blank. I will contact you after I have received your form if an appointment has not already been scheduled. The initial consultation will take one to two hours, and you will leave with my herbal + lifestyle recommendations. You will have the opportunity to check in with me via phone/email to let me know how your progress is going and to change protocols if needed.

I currently do not have a physical office space to work out of, so if you are scheduling an in-person consultation we will arrange a meeting place when we schedule your appointment. Please contact me with any questions or concerns.

HERBAL BLESSINGS,
ALEXIS SMITH

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