



Wintergreen Botanicals, LLC
Maria Noël Groves, Clinical Herbalist
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Information Regarding Your Herbal Consultation

I'm excited that you're considering an herbal consultation with me. Natural remedies, healthy foods, and lifestyle changes can be beneficial for almost any person and health condition. It is my intent to make simple, safe recommendations to help you feel better—whether you're dealing with a specific health concern or simply want to be healthier. Here is some information to help make the healing process go more smoothly, better inform you of what my role may be in your health, and assist you in deciding whether this is something you'd like to undertake.

I am a certified clinical herbalist. Herbalism is not licensed in this country, and I cannot diagnose or prescribe treatments. You would need to go to a doctor, osteopath, or naturopath for this. If we were to work together, I would be one part of your health care team. During our time together, I will look for patterns in your health and constitution and make recommendations for improvements. It is your choice whether or not to make these changes. I encourage you to educate yourself about any treatment plans you adopt—conventional and natural—and about the health concerns you are addressing. I can help lead you to quality information and to other practitioners who may serve you better. I'm happy to work with any of your health practitioners. It is my goal to empower you in your journey towards better health.

I have been working with herbs since 1996. I am certified as a clinical herbalist through the Southwest School of Botanical Medicine with Michael Moore (Bisbee, AZ). I have also completed the Foundations in Herbal Medicine course with Nancy Phillips (Groveton, NH), the Science & Art of Herbology home-study course by Rosemary Gladstar (East Barre, VT), Gladstar's Advanced Herbal Program, and the Flower Essence Trailing with Christine Tolf (Barrington, NH – near completion). (I completed these courses under my maiden name, Maria Noël Mandile.)

The general fee for a consultation is \$80 for a one- to two-hour consultation. Follow-ups are \$20 per half hour. The fee is due at the time of the consultation. If you are unable to afford this fee; please let me know. We can arrange a sliding scale, payment plan, or barter arrangement. These must be discussed and determined prior to your appointment. I accept Concord, NH "Downtown Dollars." Checks should be made payable to "Wintergreen Botanicals, LLC."

In order to begin an herbal consultation, **please fill out the following Health Inventory form and mail it back to me so that I receive it at least two business days prior to our consult appointment.** This form will help me get an overall view of your health before we meet. It is very thorough. If you are unsure of an answer or do not wish to share certain information, please feel free to leave it blank. If we have not already schedule an appointment, I will contact you to do so when I receive your forms. The consultation will take one to two hours, and you will leave with my herbal and lifestyle suggestions. I may also formulate a tincture or tea blend for you (\$8/1 oz or \$15/2 oz tincture, \$3/oz loose tea), or recommend over-the-counter dietary supplements. You will have the opportunity to check in with me via phone and/or email to let me know how your progress is going and to change protocols, if needed.

I will send directions when we schedule our appointment. My office is approximately 30 minutes from Concord and Manchester. See the website for my cancellation policy. Please contact me any time if you have questions or concerns.

Thank you for considering me as part of your health care team.

Herbally,
Maria Noël Groves, Clinical Herbalist