



## Information & Consent to Services

Monica McCollin, M.S. Clinical Herbalist and Nutrition Consultant  
Holistic-Urbanite, LLC

I have read and understand the following form and acknowledge that the purposes, goals, techniques, procedures, limitations, potential risks and benefits of service(s) to be performed have been explained to me. I have felt free to ask my practitioner questions regarding the proposed services and have received satisfactory explanations. I understand that I am free to discontinue service at any time.

I hereby voluntarily consent to participating in herbal consultation(s) and/or nutrition consultations with Monica McCollin, Clinical Herbalist & Nutrition and Wellness Consultant.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Client Name Printed

\_\_\_\_\_  
Legal Guardian Signature

\_\_\_\_\_  
Address

\_\_\_\_\_  
Legal Guardian Name Printed

\_\_\_\_\_  
Phone

### **Service to be Provided**

I understand that herbs are considered to be food supplements and are designed to strengthen and support the body's natural abilities to heal and deal with stress. Herbs, along with nutritional and lifestyle suggestions can serve as an excellent adjunct to a medical doctor's treatment. An herbalist can neither diagnose nor treat disease.

Monica McCollin  
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## Risks/Possible Side Effects/Healing Response

### Side effects

The historical record and modern research indicate that the herbs most often used for healthcare have an exceptional safety record. However, adverse events can occur after using any active substance. Side effects that have occasionally been reported after using herbs include headaches, skin rashes, and digestive upsets. Such effects generally resolve rapidly, especially if the dosage is reduced or the herb is stopped.

### Herb-drug Interactions

Although speculative interactions between herbs and drugs are sometimes publicized, confirmed cases are rare. It is the responsibility of the client to disclose fully any medications currently in use, including other herbs and supplements so that they can be offered informed advice. Clients also are expected to inform their physicians of any herbs or supplements they are using. It is advisable to stop taking herbs at least 48 hours before surgical operations, and in the event of being prescribed anticoagulants, antiepileptic drugs and digoxin until expert advice is received.

### Toxicity

Client safety is paramount, and it is the herbalist's business to stay current with the literature on herbal safety. The organs that are most vulnerable to any potent substances are the liver and kidneys, and clients are expected to divulge any previous history of disease in either of these organs. Herbs also should not be used in pregnancy or lactation without expert advice, and clients who become pregnant should stop taking herbs until advice is received.

### No Guarantee

I know that each person is unique and has ultimate responsibility for his or her own healthcare. I acknowledge that I have not received any guarantees or promises as to the results or success that will be obtained from the services provided.



### Client Responsibilities

I understand that it is my responsibility as a client to inform my herbalist about all aspects of my health and that, as service progresses, to inform my practitioner of changes that occur. If I experience any pain, discomfort or possible adverse side effects, it is my responsibility to immediately notify my herbalist.

### Medical Treatment

I recognize that my herbalist is not a substitute for a medical doctor and will not suggest that I discontinue medical treatment. I am free to consult with a medical doctor or any other licensed practitioner at any time.

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 Achieving Wellness Through Balance 




### **License or Certification**

I recognize that DC, Maryland, and Virginia do not license herbal practitioners and that any statement of credentials is for information purposes only.

### **Fees and Charges**

I have been informed of the fees for services, and I understand that payment is due when the services are provided. If I do not cancel an appointment at least 24 hours in advance, I am liable for the 100% of the fee.

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