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**The whole health needs** of individuals and families are my highest priority. The focus of our visits will be on education, personal guidance and awareness of herbal and natural health choices. I hope you'll feel inspired to claim responsibility for your health in every possible way.

**My services include:**

1. Honest, direct and compassionate care
2. Responsive communication when you need to ask questions or report progress
3. Full-length health review and assessment
4. Tongue and pulse readings and general visual observation
5. Personalized recommendations for herbal teas, tinctures, glycerites, capsules/tablets, topical applications and other forms and practices that support your health goals.
6. Referral to supportive services such as massage, acupuncture, counseling, coaching, PT, yoga, meditation and more
7. **HUGS** - with your consent and at any or every visit!
8. Telehealth? YES! I have happy clients all over the country.

Do you have a friend or family member who could benefit from herbalism? Most of my clients are referrals from other happy customers like you.

**Find Mo!**

**Website -** Check out my blogs at **www.HerbalistMo.com** for more interesting facts and herbal experiences.

**Instagram** - follow me between our visits **@HerbalistMo** for daily/weekly herbal and lifestyle tips.

**Facebook** – visit **HerbalistMo** on Facebook for daily and weekly herbal and lifestyle tips.



**Client Appointment Fees**

|  |  |  |
| --- | --- | --- |
| **Description of Service** | **Length of Appt.** | **Fee** |
| New Client Package Deal (3 visits) | 90-minute InitialPLUSTwo 60-minute follow-ups | $365.00Must be paid in full at first appointment |
| New Client Assessment | 90 minutes | $175.00 |
| Little Sprout Ages 0-16 | 60 minutes | $125.00 |
| 60-Minute follow-up visit | 60 minutes | $11500 |
| 30-Minute follow-up visit | 30 minutes | $70.00 |
| ***\*Fees*** *do not include herbal formulas.* |

**Before Your First Appointment - What you need to know**

**Arrive early** - Please arrive a few minutes early. It can be helpful to bring a list of your current medications and supplements, a brief health history and your health goal for our time together. I'm trained to understand herb-drug interactions and to provide the safest solutions to support your current health practices.

**Cancellations or late arrivals** - Please email a minimum of 24 hours in advance to cancel or reschedule your appointment. I understand that life happens, so if it looks like you might be late, let me know. Failure to give a 24-hour cancellation notice for appointments and no-shows will result in a $35 rescheduling fee. There are no refunds for packages purchased.

**Insurance** - The cost of your visit is not covered under most insurance plans.

**Payment** - Payment is usually due at the time of your visit unless an alternate arrangement has been agreed on prior to our visit.

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**What to Expect from Your Visits**

**On your first visit,** we'll sit together and talk through your personal health story. I'll take your pulses in the specific traditional Chinese herbalism style I've fine-tuned through 15 years of practice. Other tools I use to help me decide where to start with your health plan are tongue observation and visual, sound and movement clues. There is never a need to undress during your appointment.

No two clients receive the same herbal care plan. The herbs recommended to you are custom formulated for your body and your unique needs. I may recommend other practices or modalities like acupuncture or massage to enhance the herbal care you receive.

You could experience changes in your health **as soon as 3-5 days** from your first appointment. If these are uncomfortable or simply new for you, please send me a question or update so that we can work together to adjust doses or formulas to keep momentum going.

In a follow-up appointment, we'll discuss the progress or desire for other support you've noticed. These are signs to a trained practitioner that we're on the right track or that it's time to modify your plan.

**Check in with me** as often as you feel the need. I love to hear from clients who are experiencing the benefits of herbal medicine. If you're a highly sensitive person, I may ask you to begin with very small doses and work up to optimal doses. This allows you to avoid strong responses, which can be a very favorable sign that change is taking place but can be uncomfortable to those new to natural healing.

**What About Interested Clients Outside the Omaha Area?**

Clients or family members living outside the Omaha area can schedule telehealth visits. Herbal formulas can be mailed directly to them. I currently have clients in many states outside of Nebraska including Iowa, Illinois, South Dakota, Minnesota, Mississippi, Alabama, Maine, Louisiana, Kansas, Missouri, Arizona, Texas, California, Colorado, and Florida.

**I Love Referrals!**

HerbalistMo welcomes referrals from clients for their family and friends. Clients of all ages (children to seniors) can be seen for their unique holistic health needs. Holistic health practices can play a vital role in recovery from most illnesses. Families are always welcome!