

Four Winds Natural Healing Center Inc Informed Consent and Full Disclosure Statement

My name is Nicholas Schnell, and I am a Clinical Herbalist, Registered Herbalist (RH), Nutritionist, Registered Dietitian (RD) and a Licensed Medical Nutrition Therapist (LMNT).

Medical Nutrition Therapy (MNT) and nutrition counseling is considered a secondary health care modality in the State of Nebraska. This means MNT is considered a second level of treatment for many diseases and conditions. With MNT licensing, I practice nutrition related assessment, diagnosis and therapeutic methods based on the healing system. This scope of practice includes dietary assessment, dietary changes, physical diagnosis related to nutrition (including pulse, palpation, nail, tongue and observation), interpretation of laboratory values relating to nutrition, dietary counseling, reviewing medical records, recommending diet therapies and nutritional supplements when indicated and identifying proper treatment strategies. My nutrition specialties include: food allergies, intolerances, chemical sensitivities and whole foods nutrition. This individualized approach often requires elimination and rotational diets. I have extensive training in traditional Chinese, Ayurvedic, and other forms of alternative nutrition modalities. I practice evidence based nutrition therapy.

Currently, herbalism is not considered a licensed health care modality in the State of Nebraska. There is no state licensing for herbal practitioners. At this time, there is only national certification and registration. I am a graduate of the East West School of Herbology in Santa Cruz, California and am considered a Certified Herbalist and Clinical Herbalist by the school. I am a Registered Herbalist (RH) and Professional Member of the in the American Herbalist Guild (AHG), the only organization in the United States that offers certification for professional, clinical herbalists. I am past elected national council member of the AHG and served as the head of the Professionalism Committee.

I began studying herbs at the age of 12 and consider it my life long passion. My training is in these areas of herbalism: science based herbalism, evidence based protocols, clinical herbalism, traditional Chinese herbalism, Ayurvedic herbalism (India), Eclectic herbalism (early American), European phytotherapy and some traditional Native American herbalism. As a traditional and clinical herbalist, I do non-medical assessment based on both modern and ancient practices. As part of traditional non-medical assessment, I incorporate Chinese tongue, pulse, palpation and questioning amongst other methods. I am trained in all areas of herbalism including botany, making herbal preparations, dosing, formulating, compounding, clinical applications and much more. I am highly trained in herb safety and drug interactions. Any recommendation I make is guaranteed to not have drug interactions.

I apprenticed with numerous indigenous and ethnic groups. Much of my work in this area has been done with Native American and Chinese teachers. Dr. Michael Tierra, Pete Medicine Eagle, Dr. Alexander Therios, Master Yun Xiang Tseng and Dr. Qi Ju Chen have all been major influences on my lifelong pursuit of knowledge. Many of my teachers are considered both national and world experts. This specialized training involves understanding the customs, ancient healing practices, and philosophies of these ethnic/cultural groups. These ancient healing principles and philosophies are incorporated in assessments, counseling, recommendations and herbal formulas.

I have a bachelor's degree in psychology from the University of Nebraska and am trained in exploring the emotional or psychological nature of illness. If the client wishes, counseling may incorporate some of these principles. I require all patients with serious mental illness to be under the care of a mental health practitioner or psychiatrist. Thoughts and the mind are powerful tool in the healing process.

My approach is to combine the above stated alternative healing methods together with the latest scientific findings and clinical practices. Nutrition and herbs are my primary specialty, representing my area of expertise, and I demonstrate them in counseling sessions. The degree of incorporation of these systems will vary from case to case. The basic principle is to help the body's natural capacity to restore balance, health, and harmony. The goal is not merely to obtain the absence of disease, but to gain radiant, vibrant health and longevity. Assessments are focused on identifying patterns and imbalances. Depending on the patient's wishes, recommendations may incorporate nutrition, herbs, supplements, counseling, and lifestyle. Recommendations may be used to instill physical, emotional, mental, and/or spiritual balance. I also cultivate my personal life and health daily to be a better healer.

I am NOT a Medical Doctor, nor do I practice western medical assessment, diagnosis or treatment. I do not claim to cure disease, nor do I give advice about pharmaceuticals and prescription medications at any time. I require all patients to be under the care of a medical doctor. If you have any questions or concerns about your condition, I highly recommend you discuss it with your physician. I frequently work as part of a health care team including physicians and other health care providers. I can provide detailed letters to your doctor any time you request. I also recommend you inquire and explore any recommendations I provide with any other health care professionals.

I have an herbal/nutritional apothecary in the clinic and it is one of the few in the entire Midwest. We are one of the only herbal dispensaries in the entire nation to completely follow FDA GMP guidelines that meet pharmaceutical standards and have went through extensive efforts to meet this standard. I sell many herbal products, nutritional supplements and food products. I dispense herbs here as a convenience, for safety and to ensure patients are receiving the specific/individualized herbal formula they need. I use only the absolute highest quality and purity of herbs from around the world. We always use organically grown herbs whenever possible and do not use any supplements with artificial ingredients. We also network with local farmers and have a goal that 50% of everything we use will be made locally. Every company we use or recommend is fully certified GMP and exceeds all FDA standards including manufacturing guidelines and testing for adulterants, heavy metals, contaminants and pesticides. I create customized and highly specific herbal formulas to fit the exact profile for what I feel clients need. I am also a consultant and product formulator for Prairie Star Botanicals. Clients are not obligated to buy any products here. Clients may purchase any supplements where it is most convenient for them. The recommended nutritional/herbal supplements are not a replacement for the medications prescribed by your Medical Doctor.

Please feel free to discuss any questions or concerns regarding this form or its contents. Please sign that you have read and understand the above:

Name (Signature): _____

Name (Print): _____

Date: ____/____/____

Mailing Address:

Street City State Zip

Phone Number: _____ **Email:** _____

Due to HIPPA privacy regulations, your information will absolutely be held confidential and not shared with anyone! If you are interested in receiving our free email educational newsletter about lectures, plant walks, health articles and natural healing wisdom, please initial here ____ .

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