

INFORMED CONSENT and FULL DISCLOSURE DOCUMENT

The purpose of this document is to clearly delineate the scope of practice assumed by Chanchal Cabrera and to ensure that no misunderstanding occurs between herself and any clients as to the expected course or progression of treatment.

Please read the statement below and sign your agreement with it.

The Province of British Columbia does not at this time license Herbalists. Chanchal Cabrera is not a medical doctor and does not claim to diagnose, treat or cure any medical conditions or pathologies nor prescribe medicine nor in any way represent herself as so doing. For any medical condition, you are advised to seek care from an appropriate medical practitioner. Whether you chose to engage a medical practitioner or not for your care is your right and Ms. Cabrera assumes no responsibility for your decision in this matter.

I, the undersigned, assume all responsibility for decisions I make regarding my health, recognizing that (a) no claims are made for herbal medicine, nutritional or dietary recommendations to treat or cure any medical condition (b) all information given is for educational purposes only (c) there is no implied or stated guarantee of success or effectiveness of any specific treatment plan or guidelines (d) I am free to act upon or disregard the recommendations of Chanchal Cabrera as I so choose. I hereby release Chanchal Cabrera from all responsibility for my actions and any consequences thereof in the present time and in the future with no constraints. I hereby affirm that I consent and agree to the above statements of my own free will and request to engage the services of Chanchal Cabrera in a professional relationship pursuant to the statements herein.

CLIENT'S NAME –Please Print CLIENT'S SIGNATURE TODAY'S DATE

Or

CLIENT'S REPRESENTATIVE SIGNATURE OF CLIENT'S REP. TODAY'S DATE

RELATION TO CLIENT _____

Thank you

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Chanchal Cabrera

Biography

I completed four-year training in herbal medicine in 1987 and have been a professional member of the National Institute of Medical Herbalists (UK) since then. I obtained my Master of Science in herbal medicine in 2003. Since 1987 I have maintained a clinical practice, assisting people to improved wellness through the use of herbal medicines, nutritional counseling and allied therapies. I have designed, developed and implemented two professional clinical herbal education programs. I lecture internationally on medical herbalism, publish widely in peer-reviewed journals and from 1997 to 2004 was a consultant to the Canadian Ministry of Health in Ottawa, advising on issues relating to herbal medicine and natural health products. In 2002 I published a book called 'Fibromyalgia –A Journey toward Healing' (Contemporary Books).

Qualifications currently held

Master of Science degree in Herbal medicine (University of Wales)
Fellow of the National Institute of Medical Herbalists (UK)
Member of the Canadian Herbalists Association of B.C.
Member of the American Herbalists Guild
Founder member of the Canadian Herb Society
Member of the Institute of Allergy Therapists
Diploma in Swedish and Relaxation Massage
Diploma in Reiki Therapy
Registered Holistic Practitioner - British Columbia Holistic Healing Association
Certified Master Gardener
Certified Horticulture Therapist

Positions currently held

Faculty Chair in Botanical Medicine, Boucher Institute of Naturopathic Medicine (New Westminster)
Member of the board of advisors for Dominion Herbal College (Vancouver)
Member of the board of advisors of the Journal of the American Herbalists Guild
Member of the Education Committee of the AHG and the CHABC
Member of the board of advisors to A. Vogel Institute (Bioforce), Canada
Contributing editor to 'Medical Herbalism' newsletter
Technical consultant for Rodale Press, Reader's Digest and Storey Publishing

Businesses founded

The Herbal Treatment Clinic (Glasgow, Scotland) 1987 - 1989
The Galen Natural Therapy Center (Vancouver) 1991 - 1993
The Gaia Garden Herbal Dispensary (Vancouver) 1993 – 2004

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Philosophy of Practice

I practice holistic, integrated health care. This approach assumes that the whole is greater than the sum of the parts and that the patient has an innate ability to heal, which it is my job to tap into. In a consultation we will address issues of diet and nutrition, exercise, rest, play and laughter, prayer and spirituality. I often prescribe naps, comedy movies, massages and walks on the beach as well as specific herbs and nutritional therapies. I try to foster a sense of wholeness in my clients and to encourage their deep connection to the plant world. I encourage the client to create a healing team around themselves and I expect my clients to actively engage in the healing process and to fully participate with me in seeking optimal health and well being.

What to expect in an initial consultation

The first visit lasts 75 - 90 minutes. An extensive intake form is completed first by the patient, and ideally submitted ahead of time for me to preview. In the session I will review the answers and elicit further information as necessary. We will discuss current health concerns, past medical history, family health, diet and exercise habits, emotional well being and state of mind. I will review any medical diagnosis and work with you to determine how best to approach the health concerns. Blood pressure will be recorded and a physical assessment may be carried out. I am trained in the western bio-medical model of health and can read blood work, order hormone, allergy or other tests as needed, describe the process of pathology with you and can discuss cases with physicians if necessary. I have some training also in Humoral, Ayurvedic and other energetic systems of medicine and I use some of those techniques in my assessment and treatment.

From this case review I will evaluate the healing priorities and create a customized protocol of herbs and supplements. .

Dispensary procedures

I usually need some time after an appointment to evaluate all the information and write you a program. This is emailed to you and then a week later we talk for 15 minutes by appointment to discuss any questions you need answering before commencing the program. If you live in Vancouver I recommend that you purchase your herbs at Finlandia Pharmacy. If you are not in the city then I am happy to ship herbs to you at a nominal charge.

What to expect in a follow up consultation

Follow up visits are 45 minutes and are usually held every 3 – 4 weeks. In these sessions we will evaluate the progress, discuss any problems or concerns that have arisen and review the treatment protocols.

What are the costs

The cost of a consultation is \$225.00 plus GST for the initial visit including a 90 minute appointment and my time in previewing the files and afterwards in developing the protocols and answering your questions later. A 15 minute phone follow up is booked a week after I send the protocol to discuss any questions or concerns before you start the herbs. The cost for this is included in the first appointment. Follow up visits are \$75 plus GST for 45 minutes.

Remedies and herbal formulas are priced individually. For a simple condition requiring only a tincture and a tea average costs would be \$25 - \$35 / week. For complicated cancers with specialty concentrated capsule products also required, and nutritional supplements, the costs can rise to several hundred dollars per month. Patients with serious medical conditions should be aware that it is unreasonable to expect herbs to have potent effects unless substantial amounts are taken. "Big disease takes big medicine".

Reimbursement

Herbal medicine is not yet covered by MSP. For those with extended medical coverage we recommend that you keep your receipts and try to claim it – some people have been fortunate to receive reimbursements. If you are self employed you may be able to write it off – ask your accountant.

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Client redress

As a professional herbalist it is my duty and responsibility to provide you with the best health care information and support that I can. If you have any problems or are in some way unsatisfied with your experience here, please let me know. You may also wish to contact the grievance committee of the American Herbalist Guild at

141 Nob Hill Road
Cheshire, CT
06410
USA

Thank you.