

Client Informed Consent

Currently, herbalism is not a regulated healthcare modality in Canada. As such, there is no national licensing for herbal practitioners. That said, several self-regulating provincial herbalists' professional associations grant registration to qualifying members. Tammy Bergen holds an Associate Membership and Registration with the Alberta Herbalists' Association. Registered Herbalists in Alberta must have completed 1500+ hours of combined training and study, plus a minimum of 300 hours of clinical practicum. Tammy Bergen currently holds the designation of Master Herbalist, meaning she has 1500+ hours of Herbal Medicine education and is in the process of gaining her total clinical hours required to be registered as a Clinical Herbalist.

Tammy Bergen's basic approach is to combine traditional healing methods with the latest scientific findings and clinical practices. Because each client is unique, Tammy Bergen will use various methods in her work with me.

I hereby acknowledge and agree:

1. The purpose of herbal education is to improve the overall health, vitality, and well-being of the body through education in the use of plant medicines, natural foods, and non-medicinal nutritional supplements. The Herbalist, Tammy Bergen, does not diagnose diseases, disorders, or conditions.
2. The Herbalist, Tammy Bergen, is not a licensed Dietitian, Naturopathic Doctor, or Medical Physician.
3. As part of the Herbal Education Services, I may be asked to provide information concerning my physical habits, medical history, moods, energy levels, likes and dislikes, lifestyle, and diet.

This information is collected to enable the Herbalist to (i) assess my current state of health and dysfunction, (ii) educate me about the benefits of sound nutritional practices, and (iii) recommend holistic health, herbal medicine, and dietary changes to improve my general health, vitality, and overall well-being.

The Herbalist, Tammy Bergen will hold this information in confidence and will not release or disclose this information to any other person, without my prior consent, except as required by applicable law.

4. If the Herbalist, Tammy Bergen, suspects the existence of disease, disorder, or condition, I will be informed of this suspicion. However, I acknowledge this is not a diagnosis or conclusion about the state of my health and that I am directed to promptly consult a licensed Physician or Naturopath about any suspected problems.

5. Should I request the Herbalist, Tammy Bergen, to recommend herbal remedies, dietary changes, and/or nutritional supplements to enhance my body's natural ability to resist and/or overcome a known disease, disorder, or condition, it is my responsibility to disclose the nature of the disease, disorder or condition and all other relevant details to the Herbalist, Tammy Bergen. If I have not previously consulted a licensed Physician or Naturopath about this disease, disorder, or condition, I acknowledge that I am directed to promptly do so. I am not to alter or discontinue treatments prescribed by a licensed Naturopath, Physician, or other licensed health professionals without consulting the individual who prescribed the treatment.

6. In providing Herbal Education Services to me, the Herbalist, Tammy Bergen, is relying upon the truth, accuracy, and completeness of all information I have provided to her. Any recommendations I follow for changes in diet, including the use of nutritional supplements, are entirely my responsibility.

7. Northern Valkyrie maintains an online dispensary with Designs For Health and Fullscript and does not receive any profit from products purchased by clients. Clients are not obligated to purchase any products from Designs For Health or Fullscript and are encouraged to purchase supplements wherever it is most convenient for them. The recommended nutritional/herbal supplements Tammy Bergen suggests are not a replacement for the medications prescribed by my Medical Doctor.

8. 24 hours is required for canceling appointments. For appointments canceled within 24 hours of your appointment time, I will be billed in full for the missed appointment, as time and effort has gone into preparing for my appointment.

Several Extended Health Care Insurance Plans provide additional coverage for Naturopathic Care, but herbal medicine is usually not included and needs to be paid out of pocket. It's up to me to check my policy and Tammy Bergen will answer any questions I have to the best of her knowledge.

9. There are some slight health risks to treatment by Herbal and Natural Medicine. These include but are not limited to:

- temporary aggravation of pre-existing symptoms
- allergic reactions to supplements or herbs
- abdominal discomfort and bowel habit changes

I understand that any therapies I undertake through Northern Valkyrie/ Tammy Bergen are undertaken of my own free will. I accept that the ultimate responsibility for my health care is my own and that Northern Valkyrie/ Tammy Bergen is here to support me in this. I understand that my Herbalist reserves the right to determine which cases fall outside her scope of practice, and in which event an appropriate referral will be recommended. I hereby agree to assume full responsibility for any manner of loss, injury, claim or damage whatsoever, known or unknown, incurred as a result of same and I, my heirs, executors, administrators, or assigns for any loss, injury, claim or damage sustained as a result of my attendance and/or participation. I have read the above release and waiver of liability, fully understand its contents, and voluntarily agree to the terms and conditions stated.

I HAVE CAREFULLY READ THIS AGREEMENT AND AGREE TO THE TERMS OUTLINED ABOVE. I UNDERSTAND THIS AGREEMENT TO BE A FULL AND FINAL RELEASE OF ALL COSTS, CLAIMS, CAUSES OF ACTION, AND DAMAGES OF ANY KIND ARISING FROM OR IN CONNECTION WITH THE HERBAL EDUCATION SERVICES.

Name (Print): _____

Date:

Name (Signature): _____