



# Frequently Asked Questions About Clinical Herbalism (FAQ's)

## **Why should I see a professional herbalist?**

People may choose to visit a clinical herbalist when they're interested in exploring different healthcare options, or when they've run out of answers or options for their health concern.

## **What ages can benefit from Clinical Herbalism?**

Herbal healthcare can be helpful for any age.

## **What will my first appointment be like?**

You will sit together with our herbalist and talk about your personal health story. The initial consultation includes a review of your medical history, your family's medical history, Traditional Chinese Medicine/Ayurveda tongue and pulse assessment, physical nutrition assessment of the hair, skin, nails, eyes, a systematic measurement observations of the size, shape, and composition of the human body.

The intention of the assessments is to identify your unique patterns and imbalances. These traditional and clinical assessment techniques are reliable indicators of the original cause of disease, how complex the healing may be, and where to start with your herbal healthcare plan.

You will then have a personalized herbal protocol created for you, recorded on a Patient Recommendation Sheet for your convenience.

## **How long does it take to feel the benefits?**

You will likely notice changes in your overall health 7-10 days after following your herbal protocol regularly, or 3-5 days for acute cases, or up to 4 weeks for more severe cases. It takes time to manifest deep healing. For chronic illnesses, you can expect to commit to 1-3 months of daily, consistent herbal healing for every 1 year you've experienced the illness.

## **What can I expect from the healing process?**

How quickly patients experience results depends largely on their stress level, degree of emotional and spiritual balance, and ability to change their lifestyle and diet. Holistic healing addresses the true root – the underlying causes of illness. It does not simply mask the illness – it corrects imbalances at the core of our being. Natural healing can at times be a slower process, but its powerful effects are often permanent.

Based on your responses to the herbal and nutritional supplements, your herbalist may change your doses or herbal healthcare plan or modify your custom formulas to continue moving closer toward your most healthy, most dynamic self.

## **How often should I see an herbalist?**

You may need monthly visits for the first 2-3 months, and less over time. Typically, new patients are recommended a 60-minute follow up appointment for the first several visits, as there is usually more ground to cover in the beginning of your herbal healing journey and in complex cases.

## **Is herbal medicine safe?**

Historically, Mother Nature has always provided effective and safe healing through plants in their whole, natural state. Herbs are comprised of multiple active ingredients that act together synergistically to produce a response. The active ingredients in herbal medicine keep each other in check, which allows for safe use without harmful side effects.

## **How long do I need to stay on my herbal supplements?**

When the root cause of the condition is resolved, patients may go off the herbal supplements. Some choose to continue working with their herbalist and start a new herbal protocol for other health goals or for preventative care.

## **Does insurance cover my visit?**

The cost of a visit to a professional herbalist currently is not covered under most insurance plans in Nebraska. If you contribute to a Health Savings Account, you may be able to receive reimbursement or payment for your expenses. Please contact your HSA administrator for information.

## **Do you offer financing options?**

Payment plans may be accessed. Prior to your initial consultation, please let Omaha Integrative Care know if you have financial hardship, and together we can discuss ways to reduce costs without sacrificing your herbal healthcare plan.