

Please read this document carefully before signing. It explains what herbal medicine and homeopathy are, what they are not, what you can expect from a consultation at Two Roots, and what is being asked of you as a client. If you have any questions, please ask before signing.

What Herbal Medicine Is

Herbal medicine, also called herbalism or phytotherapy, is a system of healthcare that uses plants and plant-derived preparations to support health, address symptoms, and strengthen the body's own capacity for healing. It is one of the oldest forms of medicine in the world and is practiced across every culture and on every continent.

At Two Roots, herbal medicine draws on both the Western clinical herbal tradition and the plant knowledge of the land where Natalie lives and works in Perryvale, Alberta. Consultations are individualized. Herbs are chosen based on your specific presentation, not a generic protocol. Preparations may include tinctures, teas, capsules, or topical preparations.

Herbal medicine works gradually and cumulatively. Most people begin to notice changes within 4 to 8 weeks of consistent use, though this varies depending on the condition and the individual. You will be asked to follow your protocol consistently and attend follow-up appointments so your response can be assessed and the protocol adjusted.

What Homeopathy Is

Homeopathy is a system of medicine developed in the late 18th century that uses highly diluted preparations to stimulate the body's self-healing response. Remedies are prescribed on the basis of the totality of the individual's symptoms, physical, emotional, and mental, rather than on a diagnosed disease category alone.

Homeopathy is a distinct and separate modality from herbal medicine, though both may be used at Two Roots depending on your needs. Natalie holds a Diploma of Homeopathy from the Paris Institute of Science and Homeopathy, through Maison Naturelle International.

What Herbal Medicine and Homeopathy Are Not

- Not a replacement for emergency medical care. If you are experiencing a medical emergency, call 911 or go to your nearest emergency department.
- Not a replacement for diagnosis by a licensed medical practitioner. Natalie Pepin is not a physician and does not diagnose medical conditions.
- Not a replacement for prescription medications. You are asked not to stop, reduce, or change any prescribed medications without first discussing it with your physician. Natalie will work alongside your medical care, not instead of it.
- No guarantee of outcomes. The response to treatment varies between individuals. No practitioner in any system of medicine can guarantee results.

What to Expect From a Consultation

Initial consultations are 90 minutes. Follow-up appointments are 45 minutes. You will be asked about your health history, your current symptoms, your medications and supplements, your diet and lifestyle, and the broader context of your life and health.

After your initial consultation, Natalie will prepare a written protocol outlining the herbs recommended, how to use them, and what to expect. Custom herbal formulations are available through the Two Roots apothecary and can be shipped anywhere in Canada.

You may take your protocol with you to your appointments with physicians where appropriate to keep them informed of the supplements and herbal protocols you are taking.

Herb-Drug Interactions and Disclosure

Some herbal medicines can interact with pharmaceutical medications. Natalie will screen for known interactions based on the medications and supplements you disclose.

It is your responsibility to disclose all medications, supplements, vitamins, and other preparations you are taking, including over-the-counter products, both at your initial consultation and at any subsequent appointment where this changes.

Fees and Cancellation

- Initial consultation (90 minutes): \$175.00. Paid at booking and non-refundable, but can be rescheduled with 48 hours notice.
- First follow-up appointment (45 minutes): \$90.00
- Ongoing follow-up appointments (45 minutes): \$90.00
- Acute telehealth appointment, existing clients only (20 minutes): \$45.00
- Payment for follow-up appointments is due at the time of appointment. E-transfer and credit card are accepted.
- Follow-up cancellations with less than 24 hours notice may be subject to a 50% cancellation fee.

Privacy and Records

All information you share with Natalie is held in strict confidence and is used solely to support your care. Client records are stored securely. Information will not be shared with any third party without your explicit written consent, except as required by law.

Informed Consent and Acknowledgement

By signing below, I confirm that:

- I have read and understood this document in full.
- I understand that Natalie Pepin is a clinical herbalist and homeopath, and is not a licensed medical physician.
- I understand that herbal medicine and homeopathy are not a replacement for emergency or medical care, and that I will not discontinue any prescribed medications without first discussing it with my physician.
- I consent to a consultation at Two Roots and to the preparation and use of individualized herbal and homeopathic protocols.
- I understand that no specific outcome can be guaranteed.
- I will disclose all medications, supplements, and relevant health information to the best of my ability, including changes at subsequent appointments.
- I am signing this form freely and without pressure.

Client full name (print)	Signature	Date
_____	_____	_____

If the client is under 18, a parent or legal guardian must also sign. Please ask Natalie for the minor client addendum.

This document is the property of Two Roots / Meeting My Ancestors Ltd. A signed copy will be retained in your client file.