

VALLEY TO RIM WELLNESS

Consultation Questionnaire

***Please Print or click File, then Make a Copy to begin filling in your information.**

Questionnaire must be returned to Kylie@valleytorimwellness.com one week (7days) prior to consultation.

Name:			
Have you had a consultation with me before?			
Age:		Birthday:	
Gender:			
Height:			
Weight:			

Relationship Status:			
Births/pregnancies:			
Occupation:			
Why do you want to have this meeting?			

What does your gut say you need to do to help yourself?

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What have you tried to remedy the situation?

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Tell me about your daily routine:

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Tell me about your bedtime routine:

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Exercise?
Hobbies/Passions:
Where do you feel stress in your life:
What emotions do you feel frequently?
Anger, sadness, joy, confusion, hurt....
Tell me about your nutrition/diet:
Currently taking any prescriptions?
Take any supplements/herbs?

Any Allergies?
Drink alcohol? Smoke?
Any illnesses or surgeries in your life?
Can you tell me a bit about your family history?
Any extra information you think I should know?

FOR YOUR INFORMED CONSENT:

Kylie Kary is a Herbalist. The US FDA currently does not license or evaluate the method used by Herbalists in the United States. All suggestions offered in consultations with Kylie Kary are based on historical use of herbs.

In a consultation with Kylie Kary you will discuss your nutritional status and how the use of herbs, vitamins, minerals, dietary modifications and lifestyle changes may contribute to an increased sense of well being. After which Kylie will share suggestions in the form of a wellness plan, this is not a prescription. There is very little accepted “scientific studies” on the use of herbs and the effects they have on our bodies. If you are currently on pharmaceutical medicines, please know that there are even fewer “scientific studies” on the interactions between drugs and supplements.

Kylie is an educator. In your consultation you may learn more about balancing your body so that you feel better. If you decide to follow any of the suggestions offered it is important to keep in mind that you are unique. You know your body and your body is designed to both heal itself and to notify you when something is not working, heed its communication. Any lifestyle change or nutritional supplement (including herbs) that you decide to use is your decision alone. No one modality of healing can “cure”. If you are working with other health care providers (including your MD) you may choose to discuss your decision with them.

“Healing comes from within; everything else is simply a tool.”

- Kathleen Gould RH

Please sign acknowledging your consent to consult with Kylie Kary

Signature:	Date:	
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