

**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  
Bring this page to the first appointment.

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

## **INFORMED CONSENT and FULL DISCLOSURE DOCUMENT**

### **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**

Professor of 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  
Director of the Comox Valley Land Trust  
Director of Gardens without Borders

#### **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  
Innisfree Farm and Botanic Garden (Vancouver Island) 2005 - present

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### **WELLNESS CONSULTATIONS WITH CHANCHAL CABRERA**

#### **My practice philosophy**

I have almost 30 years of clinical experience and have dedicated my entire career to helping people obtain optimal wellness with herbs, nutrition and other natural wellness practices. It is my mission to help you feel your best so you can live your best. I provide individualized and personalized attention to your health needs, and combine evidence based traditional medicine with modern science and research. I am committed to offering you a non-judgmental, compassionate environment in which healing can happen. I also believe that for healers to do their best work, they have to be healthy people, walking their talk, so part of the mandate of the clinic is to practice balance in my own life and health, so that I can be the best for myself, my world, and my patients.

I practice an holistic approach which 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 activate and support. 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.

I do not practice 'alternative' medicine where patients have to choose one thing or another. I do not practice 'complementary' medicine where allopathic treatment leads and others take a lesser role. I practice collaborative medicine where a community of wellness professionals supports and sustains the patient in navigating all the complexity of illness and healing. This wellness team may include oncologists, family doctors, massage therapists, psychologists and the herbalist, all collaborating with their best efforts to help the patient achieve optimal well being.

Although I will not diagnose you or prescribe drugs I can offer a thorough and in-depth discussion of your current health-related questions and concerns, including reviewing your health history and laboratory results, and help you to make sense of how you might bring a Collaborative Functional Wellness approach to your health and wellness goals.

Collaboration also requires that the patient become part of the healing team. It is your responsibility to read all the materials I provide you, to ask for clarification or explanation where needed, and to implement as much as you can of all the things in the protocol. The herbs don't always taste great, you may be asked to get additional blood work or other diagnostic work-ups from your physicians, and you may meet resistance and challenge from friends and family, as well as sometimes from the medical profession.

Please note that I am not acting as your primary care provider but, rather, as a wellness coach. As a result, I do not address urgent care or primary care issues. I recommend that you have a primary care physician.

If you have a serious health problem that requires immediate attention, you should call your other doctors(s), call 911, or have someone take you to the nearest hospital emergency room. If you notice an adverse effect from one of the components of your natural health plan as provided by me, you should discontinue it and then call my office to discuss it. You will not be charged for this call unless it requires me to reformulate the protocol substantially in which case 15 minute increments may be charged.

### **Appointments and Fees**

Please note: my services are not necessarily covered by extended care medical plans. We will provide full invoices and tax # and you can submit a claim to insurance but this does not assure you of reimbursement.

Appointments are available in person in my clinic in Courtenay on Vancouver Island and as well as in Vancouver, or by telephone.

The rate is \$265 for the first consultation which is 90 minutes duration during which we will discuss your symptoms, health concerns, medical, family, and personal history, your nutrition and diet, exercise and sleep habits, as well as any other information that will help me to understand the factors contributing to your health concerns. We will also review any previous lab testing or medical records. This initial fee also includes 1 – 2 hours of my time afterwards to graph the blood work, review all the medical records and reports in detail and to write a personalized report for you discussing our treatment plan and my herbal and other recommendations.

This initial fee also includes a 10 minute phone call, if required, within 2 weeks of receiving the program, and allows us to discuss any questions or concerns that come up as you get started. This is not a follow up appointment and we will not discuss new symptoms or medical findings – it is purely for clarifying and coaching you on the protocol previously sent.

Follow up appointments are booked every 3 – 6 weeks as needed. These appointments are 45 minutes long and are billed at \$100. This includes graphing of blood work, cross referencing of prescription drugs with herbs to check for safety, writing blood work requisitions, and written protocol revisions after the appointment as required.

Shorter appointments may be available for quick questions in between scheduled full appointments and you may also email in questions. If you have questions that require a written response from Chanchal, it is considered a consultation and charged in 15 minute increments.

### **Short telephone discussions and emailed questions are billed as follows:**

- Per 15 minutes: \$30
- Per 30 minutes \$55

E-transfer, PayPal, Visa and MasterCard credit cards are accepted for payment as well as personal cheques and, of course, cash. GST is applied for all Canadian patients and all remedies are additional to these consulting fees.

## **Testing**

I may use a variety of saliva, urine, stool and blood tests to evaluate your health parameters. Some of these may be requested from your doctor and covered on MSP. Others are ordered through private labs and are paid out of pocket.

Some of the speciality tests I can order include:

- Adrenal hormones and Stress Index
- Bone strength and bone loss
- Candida and dysbiosis (SIBO)
- Detoxification capacity and toxin load
- Digestive capacity (liver, pancreas)
- Estrogen metabolism and clearance
- Female hormone panel (pre / post menopause)
- Heavy metals
- Immune profile
- Lipoprotein particle size and type
- Liver and pancreas function
- Male hormone panel
- Oxidative stress load
- Vitamin and mineral balance

## **How To Book An Appointment**

Call or email the clinic to book your appointment. When booking, please advise us whether you are an oncology patient or are inquiring about other health concerns.

If you are booking a first time consultation we will need a credit card number at the time of booking to secure your appointment and for payment once your consult is completed.

Nothing will be charged until after your consultation.

If you are booking a first time (new patient) consultation please fill out our New Patient Intake Form and the Informed Consent Form (available for down load from the website) and bring them to the appointment or ensure they are mailed in advance.

You are also asked to bring or send in advance any pathology reports, scan reports and pertinent blood work reports. These must be in chronological order or you may be charged an additional fee to sort them out for you.

Medical records can only be released with your authorization. Please print the Medical Records release document from the website and take it into your physician's office to authorize them to release a copy of your records to you.

It is important to mail all pertinent prior records to my office to arrive at least 5 days prior to your appointment. If your patient packet is late, it can take up time during your appointment to review your records.

**Administrative email:** [cabreraclinic@gmail.com](mailto:cabreraclinic@gmail.com) (booking, changing or canceling appointments, ordering remedies, all payment inquiries)

**Chanchal's direct email:** [clinic@chanchalcabrera.com](mailto:clinic@chanchalcabrera.com) (for questions regarding your protocol)

Please note that we cannot guarantee a secure email system; we do not use encryption or other methods in our communication with patients. In agreeing to work with Chanchal Cabrera you are consenting to her using regular email to send and receive your patient information. It is your responsibility to ensure it is as private as you wish at your end.

### **Cancellation Policy**

When you schedule an appointment, time is reserved especially for you and no one else, and to provide the type of care you are looking for, Chanchal limits the number of clients she accepts each week. Also, time goes into preparing for your appointment before the scheduled time. Thus, a minimum of 72 hours notice is required for cancellations or you may be billed for the appointment.

### **Obtaining your remedies**

#### **Custom-blended teas and tinctures**

Most patients are recommended customized herbal tincture and tea. These can be ordered directly from my dispensary and will not be found in health food stores or on-line. If you choose to get another dispensary to fill the order it is your responsibility to ensure that the products are exactly the same as what I would have provided.

Other dispensaries that carry the same lines of specialty products as I do and where patients can get also individualized protocols filled:

- **Vancouver** – Finlandia Pharmacy (1111 West Broadway tel. 604 733 5323)
- **UK** – The Edinburgh Herbal Dispensary (18 Bristo Pl, Edinburgh, Scotland tel. 0131 225 5542)
- **US** – the Centre for Natural Healing, 35 Wall Street, Norwalk, CT 06850, tel. 203-857-0202

### **Supplements**

Patients will be able to purchase most recommended supplement through FullScript on-line. By using my patient portal at FullScript patients can obtain a 15% discount on the retail price for any supplements purchased. If patients choose to purchase supplements elsewhere it is their responsibility to ensure they purchase exactly what I recommended.

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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 Herbalists Guild at

American Herbalists Guild  
PO. Box 3076  
Asheville, NC 28802-3076

617. 520.4372  
office@americanherbalistsguild.com

Or

Canadian Herbalist's Association of BC (CHA of BC)  
Box 8326  
Victoria Main  
Victoria, BC V8W 3R9

general@chaofbc.ca

Thank you.