

STATEMENT OF INTENT for A Natural Path, Michael Rishi Forrester-Practitioner: The intention behind our work together is to create a sense of awareness and of balance in our health consultations. As a practitioner of Naturopathy, I may use the following methods to facilitate this awareness: herbs, homeopathy, yoga, massage, applied kinesiology, emotional freedom technique, diet, exercise, hydrotherapy, guided meditations, visualizations, acupressure, color and sound healing, Reiki, and prayer.

My first tenet in all things is to do no harm and my second tenet is the belief that the vital force of every individual is the highest authority in activating and facilitating balance. With that in mind, it is expected that **you will take an active and majority part in your own healing process** and that my role as a facilitator and guide is second to your authority. From my viewpoint, anything that suggests otherwise does a disservice to humanity.

With that intent in mind, I would like to state that walking out of an imbalanced state can be as challenging as walking into one. The typical commitment with me is about 6 weeks to begin to see change and with very difficult cases it can be up to six months. My role is to support any healthy or appropriate choice that a client might make in this space, but I always encourage a time of introspection to understand your commitment to your own health and wellness.

It is also intended that all efforts will be made to communicate and create a space of mutual safety and respect in our sessions and at any time requests are welcome and expected that will correct any violations of said respect and safety.

It is also my intention to maintain the highest level of integrity in my practice so that at no time will there be a desire to sell, elevate, or promote any product whether mine or someone else's. I sometimes provide remedies because I am concerned about quality and source, but my main concern is availability and will never require the purchase of any item that I recommend.

Several methods of communication will be provided so that in case of any emergency regardless of its source, one may contact me at anytime for consultation. My intent is always to answer these communications as soon as possible.

PRACTITIONER AND CLIENT AGREEMENT: I understand that Michael Rishi Forrester is an herbalist and natural health consultant and not a medical doctor. He does not diagnose disease. He does not provide advice concerning pharmaceuticals. As an herbalist and consultant, his recommendations are advisory and not prescriptive.

X _____ please Sign (client name).

I explicitly give permission for Michael Rishi Forrester to print and discuss my symptoms, treatment, and change in symptoms with other health professionals and to consult with other health professionals (without divulging my name).

X _____ please Sign (client name).

I understand that I must give at least 24 hours (one business day, M-F) notice of cancellation and that I am responsible for paying for my appointment if I do not give timely notice. X _____ please Sign (client name).

PLEASE FEEL FREE TO CALL MICHAEL WITH ANY QUESTIONS YOU MAY HAVE BUT DO NOT HESITATE TO SEEK MEDICAL ATTENTION AT ANY TIME.

Please feel free to return empty bottles, from this practice or from purchase, to us for recycling.

