

Dear New Client,

Thanks for choosing to take an active role in your health and self-care. Using herbal medicine can result in profound and lasting changes in your body, your psyche, your self-awareness. It's pretty cool. But these changes usually take a while. And they require taking the herbs (pretty much) everyday for a period of time, along with making other lifestyle and possibly dietary changes. A lot of times this looks like regular moderate exercise and eating and cooking meals. Herbs don't work in a vacuum, they work in your body, given all the other things your body does. I'm here to support you in making changes in the interest of your self-care. I often see herbs allowing the space (by aiding in more restful sleep, improved digestion, blood circulation) for those changes to really take place and stick. It's all a process and any attempts at being connected with your body through self-care are positive.

The DIY aspect of herbal medicine first drew me to try it. I am committed to keeping it affordable. If payment is a challenge, please talk to me and I'd like to work something out.

My Rates

Initial Consultation (2 hrs): \$30 - \$100

Follow-up Consultation: \$15 - \$50

Tincture: \$4 - \$10 / ounce

Tea / Powder: \$3 / ounce

The first time you get herbs, I will give you two weeks worth, to make sure you like it and there are no ill effects. I will put them on my porch in a box labeled ATTIC APOTHECARY. You can put the cash or check in the money slot. To refill your herbs, call or email me a few days before you run out.

As my practice grows, I work to keep my apothecary stocked with quality and affordable medicine. I'm still learning what this means as far as how much I need to grow / harvest per year so sometimes I won't have what you need, but I can help you figure out where else you might source the herbs. I get really excited when people grow/wildcraft/make their own medicine, but I know that's not always possible or an interest for people.

Thanks for asking me to be part of your healing journey and I really look forward to working with you!

Take care,
Kelly McCarthy