

Where can I go to purchase herbal recommendations?

Recommendations made by the herbalist can be purchased anywhere. We welcome you to make purchases at the Tai Sophia Institute Herb Room located on campus. The Herb Room is open Mondays 10:30 a.m.–5:30 p.m., Tuesdays 1:00–7:00 p.m., Wednesdays 10:30 a.m.–5:30 p.m., Thursdays and Fridays 10:30 a.m.–5:30 p.m. Generally it takes 15 to 20 minutes to prepare compounds for clients of the Student Clinic. Call ext. 6676 for the most up-to-date information and hours for the Herb Room.

Scheduling an Appointment

We welcome you to schedule an appointment with a student practitioner in a Faculty Supervised Student Clinic. You will receive compassionate, relationship-centered care that is professional and holistic in nature. Most clients report good outcomes and enjoy being tended by our student practitioners. The Faculty Supervised Student Clinics offers herbal consultations at our Laurel site several days a week. To schedule an appointment, you may contact one of our student practitioners directly. If you don't have a specific practitioner, you may call the Tai Sophia Student Herb Clinic at 410-888-9048 ext. 6667. Leave your name, phone number, and a good time to reach you. A student practitioner will return your call promptly to schedule your appointment.

How much will my visit cost?

The fee for the initial appointment is \$50, and subsequent visits are \$35. Payment is expected at the time of your visit, and is made directly to your student practitioner by check or cash. The cost of an herbal consultation does not include herbs that you may choose to buy at the end of the consultation.

Will insurance cover my appointment?

Coverage for care is dependent upon the terms and conditions of your insurance or reimbursement plan. It is our policy that you file directly with your insurance carrier for reimbursement. We will provide you with a receipt for submission with your claim. If you have questions or concerns, please speak with the Insurance Specialist on staff at 410-888-9048 ext. 6631.

What is your cancellation policy?

We understand that there may be a change in your schedule that may cause you to cancel an appointment. In order to avoid a late fee, please contact your student practitioner directly more than 24 hours prior to your scheduled appointment.

Other Services in the Faculty Supervised Student Clinic

Acupuncture treatment is also offered in the Faculty Supervised Student Clinics. For more information, visit our web site at www.tai.edu or call 410-888-9048 ext. 6630.



**Tai Sophia
Institute**

7750 Montpelier Road
Laurel, MD 20723
www.tai.edu



**Tai Sophia
Institute**

**Faculty Supervised
Student Clinic
Herbal Medicine**

Laurel Clinic at Tai Sophia Campus
7750 Montpelier Road
Laurel, MD 20723
410-888-9048 ext. 6667

Who are we?

As a leader in the wellness community, Tai Sophia Institute is dedicated to the service of individuals learning how to better care for themselves and each other in the course of life's journey. We are committed to enriching the art of living and dying through learning from nature and the traditions of ancient wisdom. Our services and diverse programs are evidence of our vision to build a wellness community.

Tai Sophia Institute has master degree programs in acupuncture, herbal medicine, and applied healing arts. The Tai Sophia campus, located in Laurel, Maryland, just south of Columbia, houses the area's largest healing arts bookstore, a library, meditation and herbal gardens, and labyrinth. We offer a variety of workshops and classes with a focus on mind, body and spirit. In Tai Sophia's Faculty Supervised Student

What is Herbal Medicine?

The World Health Organization estimates that 80% of the world's population presently uses herbal medicine for some aspect of primary healthcare. In recent decades, the properties of medicinal plants and traditional systems of medicine have been rediscovered in the Western world. A recent *Prevention Magazine* national survey revealed that 44.6 million Americans use botanicals on a regular basis, currently a multi-billion dollar a year industry.

The use of traditional herbs is increasingly being recognized for its efficacy and benefits. As a result, various government, industry and academic organizations are developing ethnobotanical, laboratory and clinical programs to research and help preserve herbal medicine traditions from around the world.

*Herbal medicine can be defined as
“the art and science of growing, collecting,
preparing, and utilizing herbs for healing.”*

Why herbs?

The current practice of professional herbalism in the United States focuses on support and maintenance of health and wellbeing as opposed to fighting disease. Many herbalists believe that the strength of botanicals lies in their capacity to support the body as it finds its healing path. In other words, the focus of practice is not placed on herbs “fixing” you, but rather on nurturing your intrinsic capacity for healing.

One of the beauties of herbs is that the client can take them at home between consultations. This means that one or more times a day you can support yourself by taking herbs. The self-care nature of herbalism empowers you to care for yourself and better understand your own body. As you learn your body and its innate healing capacity through the use of herbs, office visits will become less frequent.

Why would I see an herbalist?

Since herbs are readily available in a variety of places, do I need to see an herbalist? While there has been an increase in the distribution of off-the-shelf herbal products, the assistance of a professional can help guide you in making wise choices and better understanding herbal use. A professional herbalist can help make sure the herbs used are safe, of consistent quality, and proportioned appropriately for your needs. Concerns you may have regarding possible interactions with pharmaceutical medications can also be addressed by consulting an educated and experienced practitioner. The herbalist will also help you understand the limitations of herbs and provide referrals to appropriate licensed practitioners when necessary.

What benefit is there to seeing an herbalist?

Possibly the greatest benefit from a herbal consultation is that you will get a blend of herbs specifically catered to your constitution and designed for your needs. For example, although ginger, cardamom, dandelion and chamomile may all be taken to maintain healthy digestive function, someone of a hot constitution is likely to do better with the chamomile and dandelion, while someone of a cold constitution is likely to do better with the ginger and cardamom. During your herbal consultation, the herbalist will be able to match plants for your specific needs.

What happens during a consultation in the Faculty Supervised Student Clinic?

During any visit to the student clinic, there will be two interns in the room with you, your herbalist and an observer. Your first visit will take approximately 90-120 minutes, and follow-up visits are generally 45-60 minutes. Your herbalist will gather information about your past history and health concerns, and review lifestyle factors such as diet and exercise. During this time you will have an opportunity to set goals for wellness. You will be interviewed briefly by the supervising faculty member and professional herbalist. Your student practitioner, under the supervision of the faculty, will then make some herbal recommendations for you.

What will I need to bring with me for my first visit?

You should bring a copy of a recent (within the year) physical examination from your current medical provider. Additionally, please bring with you any additional forms such as a questionnaire, that your student practitioner has asked you to complete.