

Where can I go to purchase herbal recommendations?

You are welcome to purchase your herbs and supplements at the Tai Sophia Institute's Herbal Dispensary located on campus and open Monday through Friday. Please allow 15 to 20 minutes for Dispensary staff to prepare your formula(s). You may reach the Herbal Dispensary at 410-888-9048 ext 6676. You may purchase recommended herbs and supplements in a variety of locations.

Scheduling an appointment

You are welcome 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 Clinic offers herbal consultations weekly when school is in session at our Laurel clinic. Occasionally clinics are held in the Baltimore and Silver Spring clinics. To schedule an appointment, you may contact one of our student practitioners directly. If you do not yet 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.

Faculty-Supervised Student Clinic
Herbal Medicine
Laurel Clinic at Tai Sophia Campus
7750 Montpelier Road
Laurel, MD 20723
410-888-9048 ext. 6667

Clinics are offered less frequently in our Silver Spring and Baltimore locations. Please ask your practitioner for directions and availability of these clinics.

How much will my visit cost?

The fee for the initial appointment is \$45, and subsequent visits are \$30. Payment is expected at the time of your visit, and is made directly to Tai Sophia Institute by check or cash. The cost of an herbal consultation does not include herbs. You may choose to buy herbs separately at the end of the consultation.

What forms of payment do you accept?

Tai Sophia accepts cash, personal checks, credit cards (MasterCard and Visa), and FSA/HSA debit cards.

What is your cancellation policy?

We understand that you may need to reschedule or cancel your appointment due to changes in your schedule. In order to avoid a fee, please contact your student practitioner directly no later 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.



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Tai Sophia Institute

Tai Sophia Institute is a nonprofit, accredited educational institution for wellness-based studies. The Institute offers graduate-level academic programs in Acupuncture, Health and Wellness Coaching, Herbal Medicine, and Transformative Leadership and Social Change, as well as community wellness programs, continuing professional education, and clinical care. Tai Sophia's 12-acre main campus houses the Natural Care Center, The Meeting Point Bookstore, a library, the Himmelfarb Gallery, and herb and meditation gardens – all of which are open to the public.

Herbal medicine

Herbs have been the foundation of healing systems around the world for thousands of years. Traditional peoples from all cultures and continents, relying on the resources available locally, have used plants to help promote spiritual, emotional and physical health. Although the scientific study of these plants is relatively new, centuries of empirical evidence provides a deep bed of knowledge that shapes the study and use of plant medicines today.

There are many ancient and highly developed systems of herbal medicine that serve as the foundation for modern herbal practice. Some of the most common traditional systems include Ayurveda from India, the Unani-Tibb system of the Middle East, the Greco-Roman tradition and the Chinese herbal medicine tradition. North American herbal traditions include both American Indian practices as well as homegrown medical movements of the 1800s and early 1900s.

Online or retail store purchases by the general public accounts for the majority of herbal use in the U.S. today. Consumers are often unclear as to which herbal products will best

suit their individual needs and are looking for further guidance. Trained herbal practitioners, knowledgeable from both the traditional and modern perspective, can provide this service. The contemporary herbalist offers individually formulated combinations of herbs while teaching basic principles of self-care and fostering a deeper connection with the natural world.

The role of an herbalist

Herbalists focus on supporting and maintaining health 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.

Our student herbalists are trained to provide personalized herbal formulas as well as lifestyle and dietary recommendations during your consultation. A large part of your work together will focus on learning to listen and respond to your body's signals. This emphasis on self-care encourages you to develop a deep connection with your body. As you become more attuned to your body's signals, and better practiced in responding to them, office visits will become less frequent.

Since herbs are readily available in a variety of places, many clients wonder why they should see an herbalist. Working with a practitioner who will take the time not only to discuss your current issue, but also to look at the ‘big picture’ allows you to experience a truly holistic approach to health promotion, one that recognizes the importance of physical, emotional, social and spiritual health. Rather than simply treating symptoms by replacing a pharmaceutical medication with an herbal one, you will

work with our student herbalists to address underlying issues that are impacting your health.

In addition to recommending individualized herbal formulas and supplements that are safe, appropriate and correctly dosed, herbalists can also check for possible interactions with medications and/or other supplements. Our student practitioners will also help you understand the limitations of herbal medicine and provide referrals to appropriate licensed practitioners when necessary.

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

During your visit, two student practitioners will be in the room with you: your herbalist and an observer. Your first visit will take approximately 90-120 minutes, while follow-up visits are generally 45-60 minutes.

Your herbalist will gather information about your present state of health and your health history and will also review lifestyle factors such as diet and exercise. During this time you will have the opportunity to set goals for wellness. Our clinical supervisors, who are faculty members with years of clinical experience, will meet with you briefly and work closely with your student practitioner to determine a multi-faceted plan to help you reach optimal health.

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

Please bring your New Client Questionnaire if you haven't already provided it to your practitioner. Please also bring a list of all medications and supplements you are taking as well as copies of any recent lab reports.