

About the Low-Cost Community Clinic

Benefit to Community

One of the foundations of Bramble's sustainable medicine model is providing our community with accessible information about herbal remedies. In addition to our monthly classes and our in-house *Alternatives Lending Library*, we consider personalized and in-depth consultations with a knowledgeable herbalist one of the most integral pieces to this model. With our commitment to being the area's hub for locally-sourced herbs and hand-crafted herbal remedies, we are taking it one step further by increasing the accessibility of these resources. The Low-Cost Community Herbal Clinic provides the foundation for subsidized consultations and herbs to enhance the health of our community as whole. The clinic is designed to specifically serve the needs of community members who could not otherwise afford herbal consultations.

Sustainability of Model

At Bramble we believe that the health of a community is directly related to the wellbeing of its members and the health of its environment. Our *sustainable medicine model* promotes locally-grown and ethically-wildcrafted herbs to limit our carbon footprint and economically support the farmers of our region. Additionally, the products found in our store are 100% locally made. Our community is fortunate to have many well-trained herbalists in the region. By compensating these herbalists for the skills and information they provide, we are further sustaining the wellbeing of our community. While access to information and plant medicine is integral to the health of our community members, we believe that providing basic compensation to the herbalists is vital to the sustainability of this community resource.

If you are interested in scheduling a consult, please read below before doing so.

Consult Details

The Low-Cost Community Herbal Clinic will be open by appointment only, at a time suiting both the patient and the consulting herbalist, during hours when the store is closed to ensure privacy and facilitate a productive consultation. Each herbalist approaches their consultations in a way that is unique to their practice, however, every consultation will include a discussion of your health history and the health goal you have in mind, information about how specific herbs may support your body, an individualized preparation of herbs (teas, tinctures, salves, etc.) and suggestions for resources to further your understanding and empower your ability to take your health back into your own hands.

Full Consultation (1 Hour): \$5-45

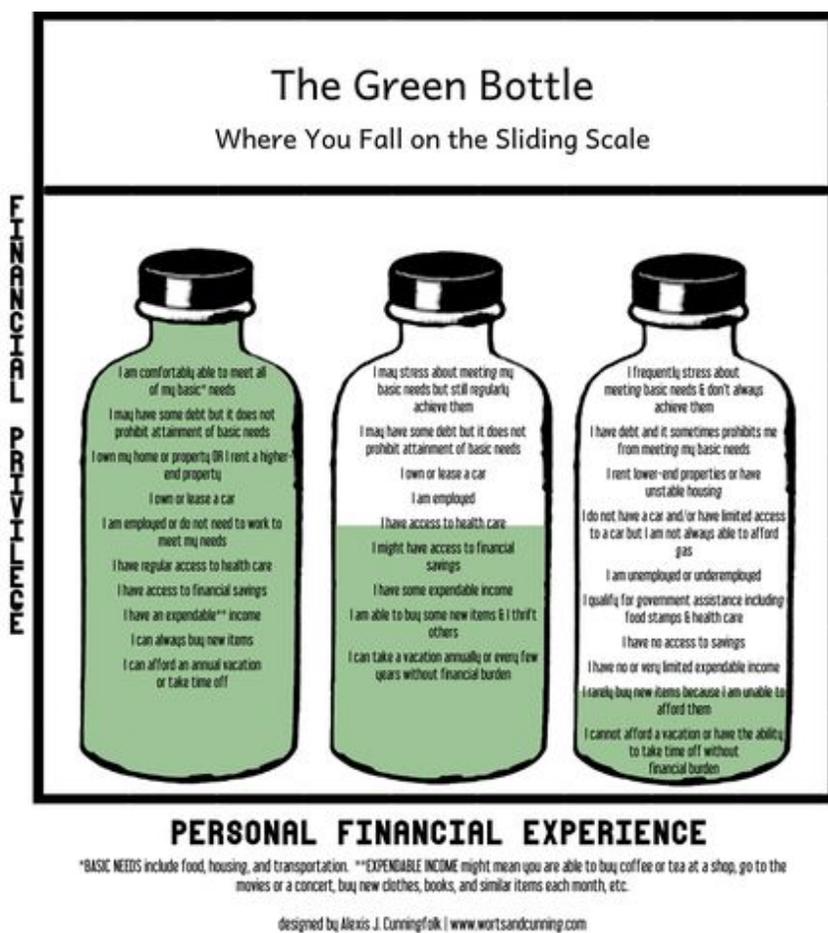
Full consultations are great for getting your questions answered and recommendations for chronic health issues (such as, "I have been dealing with allergies for years, what can I do to relieve the symptoms?" or "I have chronic pain and inflammation in my knee, what can I do to help my body heal?). These consultations are done in private while the store is closed with the herbalist of your choosing. Full consultations include a thorough discussion of your health history, written recommendations, as well as a 1 ounce tincture, oil or salve, and/or 2 ounces of tea depending on the herbalist's practice. Additional herbs can be purchased separately during the consultation at 50% the retail price.

Follow-Up Consultation (30 Minutes): \$5-20

Follow-Up consultations are scheduled with your herbalist after you have completed your initial consultation. Follow-up consultations are done in private while the store is closed and allows you to bring up any questions related to your treatment plan, discuss your path to wellness and make any adjustments necessary in the future. These consultations do not include any medicine, but additional herbs may be purchased separately during the consultation at 50% the retail price.

Please note that herbal products are 50% off during the consultation only. Additional visits to the store that do not occur during a consultation will not warrant the 50% discount. We do offer a discount for the reuse of tincture bottles or herb bags, so bring those during a return visit and receive 5% off!

Since the Low-Cost Community Herbal Clinic serves those who could not typically afford private herbal care, consultations are offered on a sliding scale basis. Not sure where you fit on the scale? Take a look at this useful infographic to determine your suggested financial contribution.



Herbal remedies, much like the problems they treat, take some time to show their effects. Please consider scheduling a follow-up consultation sometime after an initial consult in order to assess and perhaps reevaluate your recommended treatments and maximize your use of herbal medicines.

Schedule your consult today by email: herbshop@brambleithaca.com

Consultations can also be directly scheduled with members of our herbal staff. Please specify whether you are scheduling a Low-Cost Community Herbal Clinic consultation or a personal consultation with the corresponding herbalist.

Amanda David - info@rootworkherbals.com

Jennifer Whitmore - smallgracesherbal@gmail.com

Information about Amanda and Jennifer's consultations can be found on the "Herbalists" webpage of our site.