

TCMCA Online Herbal Consultation

The Online Herbal Consultation is offered as a means to create a Chinese Herbal Treatment program for those of you seeking direct assistance with complex issues and complex schedules. This long-distance approach is an excellent opportunity for those patients who are serious about pursuing long term health but who cannot physically attend an office visit with Tallahassee Chinese Medicine and Community Acupuncture (TCMCA) for treatment, due to limitations or convenience, or for those who cannot find a local Chinese Herbalist.

The TCMCA Online Herbal Consultation has been created for you to begin a regimen of therapy with the highest-grade, laboratory-tested Chinese herbal patent (prepared) formulas, which can span over the course of many weeks or months. The consultation begins by filling out our Online Herbal Consultation forms with as much detail about your current health situation as possible. The consultation forms will ask you to report the quality of your health involving every aspect of your body and daily functioning, current medications and/or supplements, and symptoms which may include, but not limited to such problems as: fatigue, pain, numbness/tingling, ringing in the ears, menstrual issues, libido, palpitations, sleep quality, bowel movements, colds, allergies (environmental, medication, herb, and food), appetite and digestion, etc. Our TCMCA licensed practitioners will then thoroughly assess your unique set of answers, and will contact you, if necessary, regarding any further details or required information.

After completing and submitting the ONLINE HERBAL CONSULTATION forms, you will receive a confirmation of receipt via email. The consultation forms give your TCMCA practitioner a highly detailed and in-depth view of your body's unique internal processes through the eyes of Chinese Herbal Medicinal theory and methodology.

The assessment process is rigorous and complex, therefore please allow approximately seven business days for your assigned TCMCA practitioner to review your assessment packet and offer recommendations. Most patients have multiple Traditional Chinese Medicine Patterns that have accumulated over many, many years, if not over the entirety of a patient's lifetime. Based on the information gathered during the TCMCA Online Herbal Consultation process, TCMCA will then determine your specific pattern(s) of disharmony using Traditional Chinese Medicine diagnostic methodology and prescribe the proper course of Chinese Herbal Medicine to treat not only your symptomatic concerns, but the root causes of your health issue. Detailed education and instructions on your specific pattern(s) and prescribed herbal formulas will be provided, individualized to your Chinese medicine pattern diagnosis. A follow up consultation is required, and TCMCA will typically contact you 2-4 weeks after you begin your Chinese herbs to review the results of your initial prescription, and to make any course adjustments as necessary.

Includes: Initial Assessment, Chinese Medicine Pattern diagnosis, recommendations and direct access to your practitioners contact phone and email for questions and/or further consult.

Chinese Herbs:

Typical cost of a one (1) month course of one (1) patent (prepared tablet form) formula: \$40 (2 bottles). Flat rate shipping is \$4.50. Convenient credit/debit card payment via WePay or Square, money order via snail mail (no checks accepted), or secure credit card payments by phone.

Instructions:

1. Fill out the initial consultation forms on the following pages.
2. Either email to integrativemedicineman@gmail.com as a secure attachment, or snail mail it to:

**Tallahassee Chinese Medicine and Community Acupuncture
Attn: Online Herbal Consultation
2419-3 Fleischmann Road
Tallahassee, FL 32308**

3. You will receive a confirmation of receipt.
4. Please allow for 7 business days to receive our recommendations.