

Herbalist Consultations at the Ithaca Free Clinic

December 11, 2020

This is for anyone interested in having a free herbal consultation with 7Song or Cal Janae online via the Ithaca Free Clinic.

Please feel free to share this information.

We would like this to be available for POC, Indigenous folks, and other individuals that lack medical access and resources or are sidelined by the medical system. But *anyone* is welcome to make an appointment.

There has recently been a downturn in the number of herbal patients at the Ithaca Free Clinic. We are opening it up to see people outside of this region. There are a number of important caveats. **Please read through this whole post** before contacting the clinic.

Please note that I am a science-minded integrative herbalist. I work closely with doctors and think that pharmaceuticals are often an essential part of one's health care. I try to be a bridge between 'conventional' and herbal medicine. (Someday, I hope this polarity disappears.) If I feel that herbal medicine is not the most appropriate medicine, I will suggest other modalities, including conventional medicine. If you have lab results, it would be helpful to have them during the consultation. While there is always an aspect of counseling during a consultation, I suggest finding someone in this field if you need further in-depth counseling.

Please read through all the details below.

1. Here is one of the most important things to know; local people will always get priority. If you have booked an appointment and then a local person calls, we will rebook you for the next available time. I realize that this is inconvenient, but it is the only way we can conscientiously go forward with offering this service. You have to be comfortable with this if you want to set up an appointment.
2. All consultations are online using Doxy.me. It is an app that is easy to use and download and is HIPAA compliant.
3. Anyone interested in working will need to fill out the regular paperwork all patients fill out for the Ithaca Free Clinic.
4. If you do not have Internet access, we can work phone. But you will still have to fill out the paperwork (we can mail it to you).
5. Currently, the consultations are on Mondays from 3-7 pm eastern time with 7Song and 3-7 on Thursday's with Cal Janae.
6. All consultations and medicines are free, BUT
7. ***We do not ship herbal preparations.*** This is firm, even if you offer to pay us for the medicines and shipping. Please do not ask us to send you any medicines.

8. If you know someone local who can pick them up and mail them to you, this will be considered.
9. If there is an increase of local people wanting to be seen at the clinic or other complications, this offer will be rescinded. In other words, it could be canceled at any time.
10. Consultations (except local) will likely end around April as my school year gears up.

Here is what a consultation will look like

1. All consultations are free (remember, we do not ship medicines)
2. Each consultation will be 30-45 minutes per person with 7Song and 1 hour long with Cal Janae.
3. Further consultations are possible depending on availability.
4. We will discuss your health issues, herbal medicines, formulas, and other treatment strategies during the consultation.
5. Please be prepared to take notes.

To make an appointment

1. Write to clinic@ithacahealth.org
2. Or call 607-330-1254
3. Luz, the clinic coordinator, will get back to you when she is available.
4. Please do not call or write to me directly about setting up a consultation. This is done through the Ithaca Free Clinic.
5. If you have questions, please post them below.

Other things to know

1. We may ask personal questions during the consultation. You are welcome to not answer any questions that you find intrusive or for any other reason. No further questions will be asked in this direction.
2. Our goal is to offer agency to each individual. This means explaining why we might be asking specific questions and giving you information to help you make informed decisions.
3. All information is confidential.
4. We use electronic medical records (EMR) at the clinic, and all cases will be written up. Our EMR is Athenahealth.
5. This is an experiment for the clinic, so changes may occur at any time.
6. I like to discuss cases with students to help them learn. I also occasionally write up about visits if it seems helpful for others (usually under 'Walk Like a Clinician'). I will ask your explicit permission for this. If you give me permission, I will write and post it but not use any specific personal details to keep it confidential.
7. I often travel for part of the winter; I will post the dates I will be traveling.
8. And perhaps most importantly, I am just offering suggestions. You are responsible for your own body and health. If what I suggest does not feel

right to you, or if you have adverse effects from the herbs, please stop taking them. We can discuss these issues later if you like.

9. To learn more about me-7Song.com.

10. To learn more about the Ithaca Free Clinic-Ithacahealth.org.

I apologize for all these rules and caveats. I find it much easier to be transparent initially to avoid further questions and complications (which always occur anyway).

Thank you for reading through all of this, and I look forward to helping you in any way that I can. ~7Song and Cal Janae