PROFESSIONAL DISCLOSURE + SCOPE OF PRACTICE

If you were to sit at my kitchen table, I would pour you a cup of my favorite tea from the wild-rose teapot gifted to me by my own mentors. While the herbs steeped, I would ask what brought you here to the edge of the woods. I would listen to your story, your longings, and the terrain of your current journey. And in the long, long tradition of community herbalists, I would offer what tools and skills I have to help you along your way.

This document is that same moment of tea-side transparency, an extension of that table. It is where I offer, with as much openness as I possess, a map of what I can provide and the boundaries of what I cannot. It is here that you decide if my skills are in your greatest service.

If you find we are not the right fit, that is okay. There is no failure in that choice. There are many paths and many guides. I may even be able to suggest a few for your journey! Whether our paths merge here or you choose another direction, I want you to find whatever you need to thrive - and I trust you to recognize it.



To ensure our work together is built on a foundation of clarity and safety, here are the formal parameters of my practice to help you decide our fit.

1. Nature of Services

Like the herbalists before me, the services I provide at Feral Hollow Apothecary are educational and consultative in nature. I provide nutritional education and traditional botanical suggestions designed to support the body's innate healing capacity and overall resilience.

As part of our work, I may provide botanical formulations from my mountain sanctuary. These are intended for your personal educational use as part of our nutritional protocol. They are not intended to diagnose or treat disease, nor are they intended to replace medical prescriptions.

2. Scope of Practice

✶ I am a clinical herbalist and Functional Nutrition Professional student.

✶ My formal academic herbal education was shaped by some of the most respected voices in contemporary western herbalism.

✶ The foundation of my clinical practice, however, was built over a decade of apprenticeship-based training under a Métis herbalist through the Blue Heron Outdoor School - a lineage-rooted, land-based education that continues to shape not just how I practice herbalism but how I live. The home my family built, the water we haul, the food we grow, the land we steward. As my mentors retired, they entrusted us with the botanical sanctuary that had held their school.

That stewardship is ongoing, and so is the relationship.

I am a white settler, and I hold that clearly - not as something resolved, but a tension I continue to reckon with. The knowledge I carry from this lineage is knowledge that has been freely and intentionally shared with me across many years of lived relationship and ceremony. I do not carry or transmit what has not been offered. I am grateful every day for what has been.

That is who I am, but it's equally important for you to know who I am not -

- I am not a Licensed Dietitian (LDN), Registered Dietitian (RD), or a Licensed Medical Doctor in the State of Virginia.
- I do not diagnose, treat, or cure any medical condition or disease.
- I do not provide "Medical Nutrition Therapy" as defined by state law.
- I do not prescribe medications or alter any existing prescriptions provided by your PCP.

3. Collaborative Care

Your health is a journey and you'll collaborate with so many people along the way. Botanical and nutritional strategies are intended to complement those relationships - not replace the care of your licensed medical providers. I strongly encourage all clients to maintain a relationship with a trusted primary care physician. They can support you through acute flares, resource you with labs and tests, and advocate for you inside allopathic systems.

If you are under the care of a specialist, I am happy to provide a summary of our educational work together for your medical records.



4. Client Responsibility

As the client, you maintain full autonomy over your health decisions.

My role is to support you, to walk alongside you through the complexities of your wellness journey, but only you know what that path truly looks like.

You are the only true expert on your body. The implementation of any nutritional or herbal suggestion is at your own discretion. May this be another gentle nudge to listen to your body!

5. Limitations on Confidentiality

Although I will always strive to honor your confidentiality, I am legally and ethically required to disclose if you are harming a child, an elder, or other vulnerable person. If you are experiencing a mental health crisis, I will urge you to contact your primary care physician, your mental health professional, or a trusted support person.

In care + kinship,

River Marshall

Clinical Herbalist + Functional Nutrition Professional