Feral Hollow Apothecary

Service + Investment Guide

Root + Resilience: A 3-Month Clinical Partnership

Healing is not a linear event - it is a deep conversation with your body. My work is designed to move beyond symptom management to address root causes through a blend of functional nutrition and traditional land-based herbalism.

The Structure of Our Work

To ensure we have the space to listen to your biology and implement meaningful shifts, our work begins in a dedicated 90-day container.

✶ The Initial Deep Dive (90 Minutes) - A foundational session dedicated to honoring your health history and the current language of your body.

✶ The Strategy Session (60 Minutes) - Approximately one week later, you will receive your comprehensive Root + Resilience Plan digital strategy guide. We will meet to discuss the protocols, refine your goals, and address your questions.

✦ The Follow-up Rhythm - To maintain momentum, we will have 4 follow-up sessions over the course of our 3 months together. We typically meet every 2 - 3 weeks to listen to subtle shifts and refine our strategy based on your lived experience.

Sustainable Long-Term Care

Although I always hope to work myself out of having a job, as someone living in disabled body I understand that healing often happens over years, not months. At the end of our 3 months, I offer a Monthly Maintenance Membership (sliding scale $200-400 per month) and a Quarterly Check-In (sliding scale $400-600) so that you can continue to access support at a pace that honors your ongoing journey.

Inside Your Root + Resilience Plan

The Root + Resilience Strategy is more than a set of instructions - it is a personalized integrated protocol designed to help you listen to your biology and implement meaningful shifts. Each plan is divided into four primary terrains

1. The Landscape Assessment (The "Root")

We begin by creating a Functional Matrix, which acts as a visual map of your unique physiological landscape.

★The Functional Matrix - Connects your symptoms (such as sleep, digestion, or joint pain) to your history and environment.

★Your Story So Far - A health timeline that weaves the narrative of your life into the constellations of your current symptoms.

★Deep Dive Education - Personalized handouts tailored to your unique physiology - such as The Three-Legged Stool of Autoimmunity or The Histamine Bucket - to help you become fluent in your body's language.

2. Nutritional Foundations (The "Soil")

This section provides a customized food guide focusing on "Seal and Heal" ingredients tailored to your specific profile.

★Safe Harbor Food List - A curated list of anti-inflammatory, low-trigger foods from which we will build out capacity and resilience over time.

★Energy Rhythms - Practical meal-timing strategies and protocols for sourcing/storing food to minimize inflammatory compounds.

3. Botanical Allies (The "Resilience")

Your plan includes a deep dive into 3 - 5 specific herbal allies chosen for your unique constitution.

★A Personalized Materia Medica - An introduction to a handful of plant allies

★The Custom Formulation + Supplement Recommendations - A detailed explanation of your personalized tincture, tea, or glycerite, including the "why" behind every herb.

★The Flare-Rescue Kit - A "break glass in case of emergency" protocol with red/yellow/green indicators to help you respond to health flares with agency.

4. Living Rhythms (The Integration)

To ensure your progress is sustainable, we provide a 90-Day Roadmap for implementation.

★Land-Based Rituals - Accessible grounding techniques and seasonal practices to regulate your nervous system and connect with the more-than-human world.

★Moving Toward Resonance - Our goal isn't just erasing symptoms. It's achieving a state where your body feels less chaotic and you feel a sense of ease.

★Resilience Journaling - Tools to help you track subtle shifts in energy and inflammation.

Financial Reciprocity

I utilize a sliding scale to make this care accessible across different economic realities. Please self-select the tier that most accurately reflects your financial access.

Redistribution Rate - $5500
For those with greater financial ease. This rate subsidizes and supports the accessibility of the sanctuary's work for others.

Sustainability Rate - $3750
Reflects the market value of the service. This covers professional costs and the sanctuary's infrastructure.

Solidarity Rate - $1500
For those with limited resources. A set number of slots are reserved in each cohort for this tier.

Choosing Your Tier

Please consider your access to housing, savings, and expendable income when selecting your tier. This model relies on honesty and community care to remain viable. I trust you.

- Redistribution - Consider this if you own your home, have significant savings, or have inherited wealth.
- Sustainability - Consider this if you are comfortably able to meet your basic needs and have some expendable income.
- Solidarity - This tier is for you if you struggle to meet basic needs or are navigating significant debt/unemployment.

Payment is due at the time of booking or service.

- Clinical Dispensary Membership - Your package fee includes a seasonal membership to the Feral Hollow Clinical Apothecary. This provides you with the botanical formulas we discuss during our sessions at no additional cost for the duration of our work together.

- Supplement Costs - Recommendations provided via Fullscript are separate from consultation fees. I often pass along a practitioner discount to help offset these costs.

- Refund - Laboratory kits or supplements purchased through third-party vendors, like Fullscript, are subject to that vendor's return policies.

Next Steps

If this structure and investment feel aligned with your needs, I invite you to begin our work together. To ensure every client receives deep clinical attention, I open a limited number of spaces for each season. Use the link below to book your foundational 90-minute session and secure your spot with an initial deposit or full payment.

I look forward to tending to your health alongside you.