If you're listening to this, you're probably exhausted by clinics that treat you like a diagnosis instead of a person. I'm River. I'm a clinical herbalist who lives off-grid in the Blue Ridge Mountains, in a botanical sanctuary my family built by hand. I haul water. I grow medicine. I live with POTS, MCAS, and hEDS in a body that doesn't cooperate. And I built the Root + Resilience container because I needed it myself and couldn't find it anywhere else.

This is what three months of working together actually looks like.

I want to start by acknowledging the cost — the money, the time, and the trust — of working with me. I'm asking you to leap. I created this audio to create safety and help catch you on the way down. That's why my website is so dense. It has my practice documents, an exhaustive FAQ, everything I can give you to help you decide if this is right for you. I don't want you to leap blind. I want you to leap informed.

When you book, you'll receive an email with everything you need in one place. You'll still need to create a PracticeBetter account, but I tried to put everything in a single email so you aren't digging through half a dozen places for the one thing you need when you're dealing with brain fog or fatigue.

Then comes the intake form. I'm thorough. I won't drop pieces of you, and I hold space for you and your whole story. But I also know intakes can be triggering. I've seen practitioners stomp all over people's triggers, often without even realizing it. To avoid that, we move from informed consent. What that means is: I tell you what I'm going to ask about, and I give you the option to skip it if it's not something you're ready to share. You're in control of what you disclose and when. And because so many of us have chronic fatigue and brain fog, the form is built for pacing. You can save your progress and come back to it. Take your time. There's no rush.
This isn't just "accommodation." This is disability justice baked into the architecture. I don't build accessibility as an afterthought. I build FOR disabled bodies, because I LIVE in one.
When I receive your intake — along with any labs or other paperwork you send — I don't just sit down at my desk and start analyzing. I go sit on the land first. I make an offering for you and our time together. That's not metaphor. That's ritual. It's how I prepare to meet you — not just as a practitioner, but as someone who holds your healing with intention from the very beginning.

I build in time to really deep-dive into your health history. I give myself that time by limiting my client cohorts. I don't take on more people than I can hold well. My job is to understand the language your body is speaking, and loop you in on the conversation. I'm a translator, trying to help you make sense to yourself. To do that, I need a firm grasp of how your symptom constellation is a set of overlapping patterns. Another part of my job is to not give up on you — even if your symptoms seem mysterious, or you don't fit normal diagnostic categories, or you experience a lot of complexity. To hold you well, I need to be able to take time. I won't rush this step.

We're going to spend somewhere in the neighborhood of two hours together as I ask questions and clarify things I see in your intake form. This is my chance to practice deep listening.

But if a 2-hour Zoom session is going to make you flare, we can pivot. We can break up the session, switch to voice memos, text, or email. Sometimes I have neurodiverse clients who get overwhelmed and go nonverbal in the middle of intakes. Or I can watch their autonomic system become increasingly dysregulated. We'll decide at the beginning of our work what to do when that comes up. You don't have to be upright, dressed, or verbal to work with me. We'll find a way that works for your body.

At the center of our work is your Root + Resilience Plan — a strategy guide built just for you. Twenty to thirty pages that map your patterns, your history, your protocols. This isn't something you read once and forget. It's built so you can come back to it months later, mid-flare or just mid-Tuesday, and find your way back to ground. It's designed to be the tool you need at 2 am when your pain is 10/10 and you can't think straight. I use neurodiverse-friendly design throughout — because I'm neurodiverse, and I know what it's like to need information fast when your brain won't cooperate.

Here's what's inside:

- Your functional matrix — a map that orients you to where you are. This shows how your symptoms connect, what's driving them, and where we're going to intervene.
- Your timeline, or story so far — so you can understand how you got here. Often, this is the first time clients see the through-line in their health history. It's not random. It's a pattern.
- Your flare rescue kit — so you always have a safe path back to ground during our work. This is built for the body in crisis, not the mind reading calmly later. It's what you reach for when you can't think straight.
- Your pacing guide — specific to your body and your life. This isn't generic advice. It's built for YOUR capacity, YOUR triggers, YOUR daily rhythms.
- A 90-day roadmap — outlining our work together, step by step.
- A daily rhythm example — showing you how to actually use the skills and tools we discuss in your daily life. Not theory. Practice.
- A safe harbor food list and sample meal plan — so you always know how to nourish yourself, even in flares.
- Functional nutrition principles — to help guide your food choices as your capacity grows.
- Your materia medica — those 3-5 plant allies I think would really serve you. I'm going to introduce you to them, and then to a couple of formulations, so you can make your own if you'd like.
- Your supplement stack — built with your budget in mind. No required $500+/month supplement load. I work with what you already have and add only what's essential.
- A lifestyle buffet — a choose-your-own-adventure of lifestyle changes that you can weave into your life at your pace to add more joy, capacity, and stability in your day-to-day.
- Personalized handouts — for whatever comes up in our sessions. If you have a methylation issue, I'll build you a handout on that. If we talk about vagal toning, I'll send you a resource you can keep forever.

I'll send you a PDF copy, and I'll have one professionally printed for you if you live in the US and want that.

My goal isn't to keep you dependent on me forever. It's to stabilize you, equip you with real tools, and send you out able to use them. The door stays open if you need to come back.

In our next session, we go over your entire strategy guide and sit with whatever is alive for you. You might be finally figuring out your patterns and what drives them, or seeing the winding road you took to get where you are. You might have questions about your supplement stack or herbal formulas. This is where we make sure the plan makes sense to you — not just to me.

After confirming you feel good about your herbal recommendations, I ship out your first apothecary box. Every month, a box goes out from my farm-to-clinic apothecary. It's not a refill of the same supplement on autopilot. It might carry your herbal formulas, something for an unexpected flare, flu remedies that are actually safe for a body like yours, or a book I pulled off my own shelf because I thought of you.

These remedies come from the botanical sanctuary my family stewards, or from stands of plants I've tended for a decade or more. I'm especially mindful of all the little MCAS triggers that can happen when making herbal remedies — because I live with MCAS, and I never found anyone who built it for me. So I built it myself. This is my proof that I'm still thinking about you between sessions. This is how I show up.

The rest of our time together is about walking through your guide and using it as a roadmap to living the life you're really longing for. We'll take things one step at a time, starting with where you have capacity and growing your resilience one day at a time.

Sessions are also to troubleshoot any problems that come up. But if something urgent or concerning happens, if you have a question, you don't have to wait weeks to reach me.
You don't have to be upright, dressed, or verbal to do it. Voice memo, text, or email, whatever your body can do that day. I live off-grid, so it might take me 24 hours to respond, but I will get back to you. That's a matter of trustworthiness for me, because I've been a client who needed support and got crickets. And when I say I'll respond, I respond. I know what it's like to be told that and have it not be true.

I will upload my session notes to your PracticeBetter within 2-3 days so that you can share them with your care team if you'd like. Or if your care team is open to it, I can also just reach out to them directly. I don't keep notes that you can't see. Transparency is part of how I build trust.

Here's what sets this work apart:

- Resonance over suppression. I'm not here to override your body. I'm here to help you understand it.
- Disability justice baked into the architecture. This isn't just "accommodating" disability. It's built BY a disabled person FOR disabled bodies.

- Real multi-modal access. Voice memo, text, or email. Whatever your body can do that day.
- Farm-to-clinic apothecary, built by someone who lives with MCAS. I built it for me. Now I'm sharing it with you.
- A strategy guide designed to build independence, not dependence. Stabilize, equip with skills, send you out. The door stays open if you need to return.

The full Root + Resilience container is $3,750 for three months. That's against clinics that charge $2,400 for three months — and then layer on a $500+/month supplement load and required functional testing on top of that. I don't do that. The price you see is the price you pay. No hidden costs.

If that's not accessible to you, I also offer a solidarity rate of $1,500 for those navigating significant financial hardship or debt. And if you want to support someone else's access, the redistribution rate is $5,500. Payment plans are always available.

If this sounds like what you've been looking for, I'd be honored to work with you. You can book below to find your place at Feral Hollow and begin our work together. Before I open your file, I'll step out onto the land to make an offering for you. Your healing is held here with intention from the very start. And if you're not quite ready to book but want to share a little about where you are, there's a low-spoons contact form on the page. Fill it out at whatever pace feels right, and I'll be in touch.

Thank you for being here.