



*John Redden RH*  
Medical Herbalist

# VIRIDITAS CLINIC

2775 Dundas St. W. Toronto, ON M6P 1Y4

**Clinical Herbal Medicine** is a distinct form of health care that combines modern scientific research with traditional and natural forms of medicine. It is the art and science of health investigation, treatments and preventative care through the use of natural therapeutic methods and substances.

**Clinical Herbal Medicine** is based on the belief that all living organisms have an innate healing capacity. This is the force within each of us that is continually active in its effort to move us toward health & wholeness and balance & harmony. It is called the Vis Medicatrix Naturae, the vital force, Viriditas, or the healing power of nature.

Medical Herbalists use safe, gentle, non-invasive therapies that encourage our inherent self-healing processes to restore health. Therapies used include botanical medicine, nutrition, and lifestyle counseling.

Botanical medicine is a plant-based medicine that involves the use of herbal teas, tinctures, decoctions (strong teas), capsules, and other forms of herbal preparations to assist in maintaining and promoting healthy living.

Medical Herbalists are professionally trained; knowledgeable in both the historical uses of plants and their modern pharmacological mechanisms.

Individual diets and nutritional supplementation are recommended to address deficiencies, treat disease processes, and promote health. There is an ever growing body of knowledge that supports the use of whole foods and nutritional supplements in the maintenance of health and the treatment of disease. The benefits may include increased energy, increased gastrointestinal function, improved immunity, and general wellbeing.

Mental, Emotional and Lifestyle Counseling are essential to the practice of natural medicine. In almost all cases there is a mental/emotional/spiritual component that needs to be addressed so the body can heal itself. We take the time to listen and to help you find the solutions. Lifestyle counseling involves making suggestions such as drink more water, go to sleep at a reasonable hour, and other suggestions otherwise known as the basic treatment guidelines. We are here to teach, support, encourage and coach you to make healthy lifestyle choices.

Hydrotherapy refers to the use of hot and cold water applications to improve circulation and stimulate the immune system.

There are some slight health risks to treatment by Natural Medicine.

These include but are not limited to:

- Aggravation of pre-existing symptoms
- Allergic reactions to supplements or herbs



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## ACKNOWLEDGEMENT OF CONSENT

In order to clarify John Redden's position as a health care practitioner, and the mutual responsibility you have in your health care, please sign this statement of acknowledgement.

1. That you understand John Redden is a Registered Herbalist and not a Medical Doctor; that non-invasive, natural methods of assessment and treatment of body dysfunctions and body optimization are used.
2. That you understand that the methods utilized by John Redden have a proven clinical foundation, yet may not be accepted practice by standardized orthodox medicine.
3. That you understand that the treatment and/or referral to other health practitioners is based upon assessment of your health revealed through personal history, physical examination, laboratory tests and other appropriate methods of evaluation.
4. That you understand that John Redden has the right to determine which cases fall outside of his scope of practice as a Medical Herbalist, in which event an appropriate referral will be recommended.
5. That you are not an agent of any private or government agency attempting to gather information without so stating your intentions.
6. That you are accepting or rejecting this care of your own free will.
7. That you understand that the ultimate responsibility for your health care is your own, and that John Redden supports you in this. He reserves the right to discontinue services where it is apparent that your expectations and what he provides are not in agreement.
8. That you understand that your written permission is necessary to release your file to anyone else and that information is treated confidentially.

I, \_\_\_\_\_ have read, understand and acknowledge the

Patient Name (Please Print)  
above statements.

Signature of Patient (Parent or Guardian): \_\_\_\_\_

Date: \_\_\_\_\_

Registered Medical Herbalist: John Redden RH