



Kelly Pietro

203.293.7617

themindfulherbalist@gmail.com

## LIABILITY RELEASE FORM

You are seeking guidance and hereby attest to the following:

I fully understand that Kelly Pietro, The Mindful Herbalist LLC (hereto after as Kelly), is not a licensed medical doctor, does not diagnose or treat disease, and that I am not here for medical, diagnostic or treatment procedures. Kelly does not make these choices for the client rather she provides educational resources in the historic and traditional uses of herbs.

Suggestions and treatments offered for my own well-being and are not intended to take the place of qualified professional medical care, including the diagnosed treatment of named diseases. It is my responsibility to consult my medical care provider before using herbal products, particularly if I have a known medical condition or if I am pregnant or nursing.

I am responsible for my own health. As with conventional medicine and treatments, herbal medicine is vast and complex, and must be used responsibly. People react differently to different remedies. Some herbs are contraindicated with certain pharmaceutical drugs. Further, some helpful herbs may be confused with harmful and/or deadly substances. Kelly does not claim to know all possible interactions nor contraindications, and therefore it is up to the client to do proper diligence in researching each herb fully.

I agree that all nutritional supplements, herbs, extracts, remedies, etc. are taken at my own risk. As with any ingested substance, allergic reaction is a possibility in some individuals. I have been informed of the risks and consequences involved to the best of Kelly's knowledge, but understand that she may not be fully informed on all possible consequences.

I agree that I and my heirs, guardians, legal representatives and assigns will not make claim nor file any action against Kelly or any affiliates of The Mindful Herbalist, LLC for injury or damage resulting from negligence or other acts, whatsoever, caused in connection with my consultation or interactions with Kelly. I also understand that The Mindful Herbalist, LLC nor Kelly will not be held responsible for errors/ ingredients on the part of any manufacturer or supplier of products recommended.

I have carefully read this agreement and fully understand the content. I am aware that this is a waiver and release of potential liability and a contract between Kelly Pietro, The Mindful Herbalist LLC and myself and consent of my own free will.

---

Signed

---

Name printed

---

Dated