Harris Anthropological Research LLC

Scope of Practice

Herbal Inquiries, a service of Harris Anthropological Research LLC

This page sets out what I do in my herbal education practice, what I do not do, and how I handle consent, records, and plants. I would rather you read it before we begin than find a limit halfway through.

> Herbal Inquiries is education. It is not medical care. I do not diagnose, treat, or prescribe, and I never advise anyone to start, stop, or change a medication.

What I do

I offer educational consults and field research. In one-on-one consults you learn how herbal traditions read the body, through constitutional and tissue-state mapping, and how those traditions chose their plants. Every point is checked against current biomedical science for safety. I also teach workshops and plant walks, document traditional plant knowledge with the consent of the people who hold it, and survey landscapes for culturally significant plants. I listen to your illness experience, meaning what you live with and how it affects your days, and I support your overall wellness. I do not treat disease.

What I do not do

I do not diagnose, treat, or prescribe, and I never advise anyone to start, stop, or change a medication. Herbs appear in a wellness plan as traditional use, never as treatment. I do not recommend internal use of essential oils. I check every herb and medication against current interaction references at every visit.

I never tell a client that a medication is wrong, and I give no advice for or against vaccination or on psychiatric medications. I do not diagnose from pulse or tongue, I do not perform physical exams or touch-based bodywork, and I do not administer, supply, recommend, or dose cannabis, CBD, kratom, or psilocybin. On those subjects I offer education and referral only. When I decline a request, I tell you why and refer you onward within one business day.

I do not sell herbs or products, so you buy anything in your plan wherever you choose. If that ever changes, I will tell you in writing before it affects you, I will disclose any financial interest, and I will act only in your best interest, with no “thumb on the scale.”

Who I work with

You are a learner, not a patient. Your consult is educational and sits alongside the care of a licensed provider, never in place of it.

I work only alongside your prescriber, with your written consent to share, when you take prescription medications that interact with herbs, when you are pregnant or breastfeeding, or when you have a chronic condition under active medical care.

I refer out when you are in active cancer treatment, on HIV, transplant, or immunosuppressant drugs, on anticoagulants, heart-rhythm drugs, or cardiac glycosides, on anticonvulsants or psychiatric medications unless your prescriber co-manages, dependent on insulin, showing signs of a serious undiagnosed condition, or in need of mental health support beyond herbal or life/health coaching support.

For a serious illness, conventional care comes first. Herbal education can sit alongside it, and with your written consent I will tell your treating clinician what we have discussed. I offer nothing meant to hasten death. Questions about aid in dying belong with your provider and hospice.

When a concern is new to my practice, I say so, and you decide whether to continue. Adults only. Minors take part only with a parent present and consenting. I do not provide emergency care. Call 911 for an emergency and Poison Control at 1-800-222-1222 for a possible poisoning or reaction.

Couples and shared kitchens

When two people who share a kitchen want to be seen together, each is a separate client with a separate record, and I share nothing between them without each one's separate written consent. The Shared Table lists food adjustments for both partners without stating the reason behind any of them. It is educational meal planning, not medical nutrition therapy, and I am not a dietitian. For a medical diet, a food allergy, or a condition such as diabetes, celiac disease, or kidney disease, your physician or a licensed dietitian leads.

Where we meet

The initial consultation is held online by video, because it includes your health history. Please join from a private spot where others cannot hear you. For follow-up consultations, you may choose to meet in person at a secluded bench at Brushy Creek Lake Park in Cedar Park, set back from the walking path, where I bring folding chairs and shade when needed. A quiet bench away from the path is private in practice, though it is a public place and technically offers less privacy than a closed room, since someone could walk within earshot. Many people find that meeting in person, outdoors, helps us build rapport. The choice is yours, and I will move us if anyone comes near. At any point you may ask to move a topic to phone or a written note, and I will. I ask your health history only where no one else can hear, and I will stop and move us if that changes. I do not record a session without your written consent. I ask where you are at the start of each session, so that if an emergency happens I can call 911 for your location.

At an in-person visit I may offer you a cup of plain tea as a treat and a courtesy, the way I would offer any guest. It is not part of a service, carries no fee, and is never chosen for your constitution or your plan. I make no health claims about it. You may decline, and you may bring your own. Tell me about any food or drink allergies before you accept.

Boundaries

I keep what I learn about clients confidential, including in a small community where we may meet again, and I share personal stories only when they serve your learning. I do not accept sexual or romantic advances, and I end the relationship and refer you onward if one occurs. I may end a client relationship when it no longer serves you. I give the reason in writing and help you find another practitioner.

Consent and records

Before your first consultation you read and sign an informed consent and educational disclosure, and I ask for your consent before collecting health information. Your records carry only an alias code, and your contact details are kept on paper and never stored electronically. Health information travels by encrypted email or secure portal only. I never share your information with anyone without a separate signed consent, which you may revoke at any time and which is not required for your consults, except where the law requires it. I write facts, not judgments, in my notes, and you may see them. When I suggest you see a licensed provider, I record it and ask you to initial the note, and I record any choice you make against that suggestion. With your written permission, I may use a de-identified record of what we studied toward my AHG recognition. You may decline and still work with me.

Plants and permission

I verify every plant identification before I teach from it. I harvest sustainably, with landowner permission and any required permits, and I do not disclose the locations of sensitive or vulnerable plants. Traditional plant knowledge belongs to the people who hold it. I work from free, prior, and informed consent, following the Society of Ethnobiology’s code of ethics, and I credit the source of any use that comes from a specific tradition.

My standing

I am a general member of the American Herbalists Guild and am working toward fuller AHG recognition. Membership is not a license or a credential, and I do not present it as one. I am not a physician, naturopath, acupuncturist, nurse, dietitian, pharmacist, or any other licensed health professional. I am insured. I hold an MA in Anthropology with an emphasis on human-plant relationships in historical ethnobotany and historical ecology alongside my work in archaeology, and I have continued my plant path education since. I bring the same fieldwork habits to plants that I bring to cultural heritage: careful observation, accurate recording, and permission first.

Texas and Washington

My practice is currently based in Texas, and I serve clients who are in Texas or Washington at the time of the session. Neither state licenses herbalists. Both reserve certain work to licensed professionals, and Texas defines practicing medicine as the diagnosis, treatment, or offer to treat a

disease or disorder. I draw my limits to stay outside that work: I do not diagnose, treat, or offer to treat, I do not use a title that suggests a state license, and I tell every client in writing that I am not a licensed health professional.

Texas clients and Washington clients receive the same consent form and the same protections. Washington residents also hold the rights Washington's My Health My Data Act gives them, including separate consent before any sharing, access to their data, withdrawal of consent, and deletion. Where a client is located in another state, I tell them before we begin that other rules may apply.

Kept separate

My herbal/ethnobotanical educational practice is separate from Pine and Presence Field Co. and from The Compass Institute for Human Inquiry. Nothing taught in a consult is a sales conversation, and no consult is tied to a purchase.