

THE VITALIST HERBALIST MINI-COURSE



LESSON TWO: The Holistic Intake Roadmap Part 2: The Core Consultation Guide - O - P - Q - R - S - T -

- O -

1. ONSET

Asking questions around onset is incredibly illuminating, as it gives you the context of someone's life when their particular symptoms or disease emerged. It's useful to get a sense for the specifics of their life both when the symptoms arose, but also in the months leading up to it. This gives you critical information as to the potential root causes of the issue.

Here are some questions you can ask your client to gain more information:

1. When did this particular issue arise?
2. What was going on in your life during that time?
3. Were there any major changes you made in your diet, lifestyle, work, home, relationships, or social situations?
4. Did you experience any traumas, accidents, or surgeries?
5. Did you start taking any herbs, supplements, over-the-counter or prescription drugs at that time?

- P -

2. PROVOKE / PALLIATE

Here you're getting information as to what types of things make their symptoms worse (provoke) or better (palliate). These questions give you insight into the underlying energetics of their condition. It'll also show you any dietary, lifestyle, or therapeutic strategies that are important to consider or eliminate while creating their health protocol.

1. Have you noticed anything that makes this symptom better? This could be foods, times of day/year/seasons, exercise, supplements, herbs, drugs, heat or ice, etc...
2. Have you noticed anything that makes this symptom worse? This could be foods, times of day/year/seasons, exercise, supplements, herbs, drugs, heat or ice, etc...
3. Is there anything you can think of that you need to do or stop doing in order to make your condition improve?

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3. QUALITY

These questions help you to get clarity around how exactly your client's symptoms manifest. You're getting details on what they experience when their issue comes up and why it concerns them. This often lends more insight into the underlying energetics of the issue.

1. Can you describe for me in detail the nature of your condition?
2. How do you feel physiologically and emotionally when your symptoms arise?

- R -

4. RADIATE

This question is often used to assess pain, but it's applicable for a wide variety of other conditions as well. Here you'll want to look at whether the symptom is radiating into and affecting other areas of their life - such as their sleep, relationships, social life, work, exercise, psychological health, and more.

1. Does your health concern impact other areas of your life? Is it affecting your sleep, ability to pursue your goals, dreams, or hobbies, is it impacting your ability to exercise or do your work?
2. How is this condition affecting your psychologically, emotionally or spiritually?
3. If you're in pain or discomfort, is the pain or sensation moving into other regions of your body from the main area of concern?

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5. SEVERITY

This is probably one of the most important questions, for it allows you to get a rating on their symptoms which allows you to track whether or not they're improving over time.

Another way of describing this is the symptom score. You can do this as a scale of 1-10, with 10 being severely debilitating and 1 being relatively minor. Have your client rate themselves on this score every time you see them so that you can track their progress.

1. On a scale of 1-10, how would you rate the severity of your symptoms?
2. What do you think you could do to make this score better?
3. Is it consistently at this number, or does it fluctuate?
4. What number would you give when it's at its worst? What number would you give at its best? What number would you like it to be at?

- T -

6. TIMING

These questions are a part of your severity scores, but they'll also give you clarity around the underlying energetic factors of their condition. In regards to severity, you not only want the 1-10 scale, but you also want to know if the symptom occurs constantly, frequently, or rarely. It's good to get a number in terms of how many times it comes up per week or month so you can track improvement. It's also important to watch for changes throughout the seasons, with weather changes, or times of day.

1. Have you noticed any patterns in regards to when your symptoms get worse or when they emerge? This could include time of day, different seasons, weather changes, or hormonal cycle (important for women)
2. How would you classify the frequency of your condition: constantly, frequently, occasionally or rarely?
3. How many times per week or month does this symptom arise?

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