

10 SIGNS

YOU'VE FOUND AN

Ethical Herbalist

Choosing the right herbalist is an important step in your wellness journey.



1



They Listen Deeply

They take time to understand you as a whole person—your lifestyle, goals, and history—before making any suggestions.

2



They Educate and Explain

They clearly explain their recommendations and help you understand how and why an herb or practice may be supportive.

3



They Respect Your Healthcare Team

They support collaboration with your physician and encourage open communication—not choosing one approach over another.

4



They Work Within Their Scope

They do not diagnose, treat, cure, or prevent disease, and they are careful with their language to stay within ethical and legal boundaries.

5



They Prioritize Safety

They ask about medications, supplements, allergies, and health history to make thoughtful, informed recommendations.

6



They Offer Realistic Expectations

They will not promise quick fixes or guaranteed results. They focus on supporting your body's natural wellness over time.

7



They Empower You

They encourage your questions, honor your choices, and support you in becoming an active partner in your wellness.

8



They Are Transparent

They are open about their training, experience, fees, and the limits of what herbal support can do.

9



They Recommend Thoughtfully

They suggest herbs and practices that are appropriate for you—never pushing unnecessary products or expensive “cures.”

10



They Practice with Integrity

They follow a code of ethics, continue their education, and treat every client with respect and compassion.



Trust your instincts.

You deserve an herbalist who is knowledgeable, ethical, and truly invested in your well-being.



At Hilltop Herbs & Herbal Journal, we blend traditional herbal wisdom with modern knowledge to support your unique wellness journey.

Thoughtful. Ethical. Rooted in Nature. ♥

