Herbs for Thought is here to consult with you to meet your health needs

Whether it is ordering a particular product you are already using, the need to improve health or education on what the uses of herbs and vitamins are and how to incorporate them in your health regimen, we are here to help make a specific plan that is tailored to your needs.

Philosophies and Practices

Some of the ways we do this are:

* Diet assessment
* Exercise
* Checking critical body markers that tell current health status
* Discussing the next step in terms of cleansing the body
* If the need is found, choosing what to herb, vitamin, etc. to feed the body.

**RYAN THIS SHOULD LINK TO THE CONTENT PAGE FOR PRE SCREENING HEALTH ASSESMENT below☺**

Click on *Pre screening health assessment* for more information on a very special practice to help assess the status of current health.

Please contact Herbs for Thought to make an appointment and get started. Here’s to your health!