**Essential Oil Consult Waiver**

I understand that Lila Kirk is not a doctor, and she is not prescribing or recommending any products. I am learning about wellness products and the possible benefits from reference text and past experience.

If I use any wellness products, it is an independent decision to do so.

I understand that it is recommended that I consult my healthcare professional before making any changes to my diet or starting any complementary modalities.

I am/ am not pregnant.

Pregnant women should avoid using the following oils: Wild Tansy, Clary Sage, Fennel, and Rosemary.

I am/ am not breastfeeding.

Women who are breastfeeding should avoid using the following oils: Wild Tandy, Clary Sage, Fennel, and Rosemary.

I am/ am not trying to get pregnant.

Women who are trying to get pregnant should avoid using the following oils: Wild Tandy, Clary Sage, Fennel, and Rosemary.

I have/ do not have Epilepsy.

People who have Epilepsy should consult their health care professional before using the following oils: Wild Tansy, Hyssop, Rosemary, Peppermint, and Fennel.

I have/ do not have high blood pressure.

People who have high blood pressure should consult their health care professional before using the following oils: Wild Tansy, Hyssop, Rosemary, Peppermint, and Fennel.

I understand that I should not apply peppermint essential oil to the neck or throat area of a child under 3 years of age.

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