



Information about the Homeopathic Consultation

Homeopathic practice is very different from conventional or allopathic medicine. Unlike allopathic methods, the homeopath explores the whole person, it is not disease-based. The homeopath explores the unique thoughts and experiences of each individual to uncover the basic causes and patterns of suffering. Then the homeopath chooses a homeopathic remedy that best fits the individual state of the client. This treatment produces a deep healing, improved harmony and higher levels of awareness.

The goal of homeopathic treatment is to improve health in the most gentle and enduring way. To assist the client the homeopath must:

- Understand the totality of what the client is experiencing that characterizes the individual's state;
- Find the homeopathic remedy most similar to that state.

The complexity of the information needed for homeopathic evaluation requires sufficient time to understand the state needing treatment – up to two hours for an initial consultation and a half hour for a follow-up appointment.

For some people the healing journey with the homeopath is a shorter amount of time (2-3 months), and for others a longer period of time (up to a year or more). I schedule weekly, monthly or quarterly visits that are tailored to the specific needs of the client. The length of time homeopathy takes is dependent on the nature and duration of the state and the response to the remedy.

Acute conditions are always included in the initial and follow up fees. I encourage my clients to get in contact with me as soon as an acute condition arises in order for homeopathy to support the healing process.

The risks in homeopathy are extremely low, as most remedies are highly diluted substances and do not contain any chemical substances (except sugar). There is the remote possibility of short-lived and mildly uncomfortable aggravations of an existing or previous condition after a remedy is given. If you experience what you think is an aggravation, please contact me.

Client Advice on taking your remedy

- One dose of two to three pellets taken one time can be an effective treatment. There is no need to repeat the remedies daily, unless your homeopath prescribes daily repetitions. Do not take another homeopathic remedy, or combination of remedies, without consulting your homeopath.

- After you begin homeopathic treatment, it is advised to not begin other alternative practices, such as acupuncture, herbal medicine and shiatsu, without consulting your homeopath.
- Homeopathy can treat many health related issues that may arise in your life. Keep your homeopath informed about what is happening, even if you don't believe it is important. You may have come in for migraines, but the homeopath is treating the whole health picture. For example, if you get the flu, you want to consult your homeopath to determine how to alter or monitor your current remedy.
- Please keep remaining remedy(s) in a cool, dark place away from strong odors.
- There is no need to repeat the remedies daily, unless I recommend daily repetitions. Do not take another homeopathic remedy, or combination of remedies, without consulting me.
- After you begin homeopathic treatment, it is advised not to begin other alternative practices, such as acupuncture, herbal medicine and shiatsu, without consulting me.
- Homeopathy can treat many problems that may arise in your life. Keep me informed about what is going on, even if you don't think it's important. You may have come for migraines, but I am treating the whole body: for example, if you get the flu, be sure to consult me.
- While working with Homeopathic Remedies for chronic conditions, PLEASE NOTIFY me if you begin any other THERAPY, MEDICATION, or TREATMENT. Remember that I am looking at the TOTALITY of YOU! Any Changes your experience after taking your remedy or any situation that arises that compels you to seek treatment after taking your remedy, EVEN IF YOU THINK IT IS UNRELATED, it is very important for you to let me know.

These changes indicate that the remedy is acting deeply and they inform me as to the next steps to take in your treatment. If acute situations arise or if any symptom(s) becomes problematic, I will have suggestions and protocols to help you handle situations in a healthful manner so that your homeopathic treatment can be supported and can move forward without any unnecessary interruption.

If you ever have any questions, always call your homeopath.