



What to Expect

Please read this carefully before your first appointment for homeopathic care of chronic conditions and re-read or print it, especially if you have not visited us for some time.

Preparing for Your Homeopathic Consultation

The Registration Form and other document requirements

You are asked to provide a Registration Form prior to your consultation. The form asks for basic medical information such as current medications, surgeries and hospitalizations, family medical history and current diagnoses. You will also need to carefully read and sign the Consultation Agreement and HIPAA form.

For Children

It is extremely helpful if both parents are present for the consultation. If this is impossible, a letter from the parent not present summarizing issues or concerns can be useful. Alternatively, we may contact the other parent by phone after the consultation to get their input. If you as the custodial parent are separated or divorced, we require the Consultation Agreement (Minor) to be signed by both parents before seeing your child. On the day of the consultation, please permit your child to choose comfortable clothing. Choice of dress can be helpful in revealing the child's nature and preferences. Please return the Child Registration Form and other forms before your child's consultation.

Your First Appointment

A homeopathic consultation for chronic conditions involves an extensive discussion that may cover unfamiliar ground for those who are accustomed to a few quick questions from a busy doctor.

The Comprehensive Consultation will last 1-1/2 hours in order to discuss chronic symptoms. You will be asked to describe your problem(s) in a fair amount of detail, for example: when and how the condition(s) started, the sensations you feel, exactly where the pain is located, bodily discharges, and how all of this affects you emotionally. During the first visit, we will jointly set the baseline and goals for your homeopathic care. You will then be sent a checklist of the "modalities", which are things that make your symptoms better or worse. You will need a few days to reflect on and complete this. After the checklist is returned to me, we will meet again

briefly to review it in order to ensure its accuracy. At this point, I will have all the information I need to prescribe a homeopathic medicine.

A Therapeutic Focus Consultation lasts 1 hour and includes a holistic assessment as well as a review of the modalities.

Your healing journey

What to Expect After Taking the Medicine

Following the two-part intake just described, I will need a couple of days to conduct an individualized analysis of the information presented in your case and a remedy will be chosen to begin stimulating the healing process. You will pick up your remedy (or it will be sent to you separately if you are an off-site client), at which time instructions for taking the remedy and other supportive information will be shared with you. After taking the remedy, temporary worsening of current symptoms, return of old symptoms or development of new symptoms sometimes occurs and is an immediate indication that your body is responding to the medicine. If a reaction occurs that concerns you, or if you have any other questions or concerns, do not hesitate to call during our regularly scheduled Call-in Support time or at any other time during business hours.

Homeopathic healing is usually gradual and gentle, so patience is a necessary ingredient that you must add to your healing. You will, however, experience definite improvement within a few weeks of starting the correct remedy. Later on, homeopathic care might also involve organ and system support to further stimulate the healing process. Depending on the number and nature of your conditions, between 3 and 24 months is usually required for symptoms to be reduced substantially or go away completely. Once your health goals have been achieved, homeopathic remedies can be used to address acute illnesses and/or other conditions that might arise in the future.

This is an empowerment-based and holistic practice, so you will be taking charge of, and responsibility for, your own healing. During homeopathic care, you will be asked to take on the position of observer of your body, mind and emotions as part of monitoring your progress. You will most likely be asked to make some necessary modifications to your habits, routines and attitudes since all these play an important positive role as well. Making needed changes is always challenging, so remember to be patient with yourself—healing is a journey!

Follow-up appointments

Because homeopathic healing is gradual, monitoring is very important, so follow-up appointments will be scheduled at regular intervals. As a convenience, these can be via video-conference or phone. Over the course of follow-up, we will provide evidence-based coaching and support to facilitate your progress. We may refer you for other integrative therapies and when appropriate will work collaboratively with these practitioners as well as your primary care provider.

Clients who return for their regularly scheduled follow-up appointments achieve their health goals in shorter time, with better results and lower total costs. The main purpose of follow-up homeopathy appointments is not to simply refill a prescription; rather, their purpose is to monitor your health so that changes or adjustments to your remedy can be made in order to speed up your progress. For this reason, appointments are scheduled even when you are doing well. Skipping follow-up appointments, ending homeopathic care prematurely, or stopping and starting up again unfortunately usually results in losing progress that has previously been made. Although you may be taking remedies and be under active care for up to two years, it is important to keep in mind that the ultimate goal of homeopathic care is that you reach your highest level of health possible with little or no dependence on supplements or medication, including homeopathic remedies. Commitment and persistence always pays off!

Acute care, first aid and rehabilitation

Please contact us if during the course of homeopathic care you come down with an acute illness like flu or if you experience flare-up of a chronic symptom. It is important that we learn about this since the pattern of your complaint provides us important clues about your body and your healing. As well, most short-term illnesses respond well to homeopathy so we maintain an inventory of more than 1,000 remedies for this purpose.

Urgent conditions of a non-life-threatening nature that might require first aid also respond well to homeopathy. Homeopathic remedies are so effective for these circumstances (pain and inflammation from a minor injury or burn) that the first experience often makes “believers” out of even the most hardened skeptics! If a trip to Urgent Care or the Emergency Room is necessary, homeopathy can help with recovery afterwards. Likewise, homeopathy can help speed recovery and rehabilitation following surgery or trauma.

An Acute Care Consultation appointment is 15 minutes to ½-hour and can be in-office or by phone. You may be asked to take one or more doses of a remedy over a couple of days. You should notice improvement within the first 24 hours, though you will probably still require a normal recovery period. Off-site clients will need to purchase the prescribed remedy in their own locality.