



Dear

YOUR CONSULTATION is

Thank you for making an appointment with me. This is a letter to let you know what to expect at your consultation and about treatment, prescriptions, follow- up consultations and availability.

PATIENT QUESTIONNAIRE:

Before an appointment I will send you a **patient questionnaire**; it would be helpful if you could complete it to give me a brief overview of your state of health. Either email it back or bring a copy to the appointment with you.

THE HOMEOPATHIC CONSULTATION:

The first consultation is an opportunity for you to discuss in detail any **physical, mental or emotional** health problems which may be causing you concern or discomfort. During your consultation, it is important that you feel able to discuss any concerns- no matter how small you think they seem. I may be interested in many aspects of your health which might appear to be unrelated to your main complaint. Homeopathy is a system whereby symptoms from all levels – the physical, emotional and mental – are gathered together to create a holistic 'picture' of your current state. This picture can then be matched with a homeopathic medicine (remedy). If you feel uncomfortable talking about anything, please tell me. The first consultation can take some time: I will need detailed information about your health and how you are feeling, in order to help me to select the most appropriate remedy for you. Be prepared for the first consultation to last between 1 and 1 and 1/2 hours. Occasionally, when I'm reviewing your consultation, other questions might occur that may help me to clarify the remedy. If you would prefer that I do not contact you to ask any subsequent questions please let me know.

TREATMENT AND PRESCRIPTIONS:

Your consultation fee includes any remedies prescribed.

Your prescription will be a homeopathic medicine which matches your own unique pattern of symptoms. I usually take time after the consultation to work on finding the correct remedy for you and may need to order the remedy from a Homeopathic Pharmacy in London. I will endeavour to provide your remedy within a week of your consultation. I will provide you with information explaining how and when to take the remedy.

- Remedies can be taken alongside other medication prescribed by your doctor.
- It is important that you do not stop taking any medication that you are receiving without consulting your doctor first. Please advise me too.

Do not hesitate to contact me if you have any concerns or queries about the medication.

Remedies are usually given in a tablet form in what we call a split dose. You take 2 tablets within the same 12 hour period and then wait to see what happens. Because homeopathy works by stimulating your own body to heal itself you may not need to repeat the remedy for weeks or months. In some conditions, I might advise you to take a dose more often.

Positive effects are often noticed in the early stages of treatment, whilst long-lasting improvements in general health can take a while longer. Having taken the remedy I would hope that you might experience a sense of 'something shifting'. This is ideally accompanied by a relief from physical symptoms and a sense of wellbeing. However, **sometimes symptoms can increase**

initially but temporarily: this is a **good** sign and is usually followed by an improvement in physical and overall health. If this does happen and you have any concerns please do not hesitate to contact me.

It would help me if you can note down any changes that you notice after taking the remedy, also, significant dreams, feelings etc. It would also help me if you would contact me a couple of weeks after taking the remedy to let me know how you're getting on but please feel free to contact me sooner if you wish.

I usually tell you the name of the remedy I've selected. Curiosity, quite rightly, means that you might go and look it up on the internet and the descriptions of homeopathic medicines on the net often come from the 'old homeopaths' of the 19th century and early 20th century. They describe the 'end of the road' type scenarios of the remedy picture and seem prejudiced in their descriptions: not what we'd call 'politically correct' today, especially about the emotional and mental pictures. Often, if not forewarned, you can go away and read them and think "Oh my goodness, is that what she thinks of me!" when it's not at all. In fact, sometimes what I've seen is the very opposite to the picture described on the internet! So, if you'd like to know more about why I selected a remedy please ask. Sometimes I might decide not to tell you the name as some remedies have quite evocative names and I'd rather not prejudice your response unit we have seen how it works for you. But please ask if you'd rather know.

AVAILABILITY:

Please feel free to contact me to discuss your treatment either by email or phone. The best times to phone me are during the day between 9.30am and 11.30am (except Tuesdays) or between 7pm and 8pm in the evening. If I'm not available please leave a message on my answer phone and I will get back to you as soon as possible and certainly within 24 hours. I do not charge for interim phone consultations i.e. when you're checking in about what you've experienced from a remedy that you've recently been given. I might charge up to £10 for a repeat or new prescription made over the phone.

Please also feel free to phone me if you experience an episode of acute illness (e.g. a bug/ infection you've picked up or an injury). Again, I may charge up to £10 for sending a remedy and might recommend an appointment in less straight forward cases.

SUBSEQUENT APPOINTMENTS:

Finding the right remedy can be most clearly described as a journey where the homeopath and patient are walking alongside each other to try to get to the core of what's causing ill health. It may take more than 1 consultation to achieve this and I recommend 3 consultations in order to get a good treatment in place. Most remedies will need repeating once the benefits start to wear off (which could be weeks or months depending on your condition) and we may need to change the remedy to deal with new things arising. Subsequent appointments will normally take about 45 minutes to an hour and I recommend that these take place at 4 to 6 weekly intervals although this may vary according to the severity and length of your health problems.

Once you're feeling better I do recommend checking in once or twice a year to maintain the benefits that you have felt: a sort of MOT if you like.

AND FINALLY

My aim is to help you regain the best level of health possible and I look forward to assisting you in this process. Should you feel uncertain about any aspect of your treatment, please feel free to contact me for further information or explanation. I am a Registered Member of the Society of Homeopaths and abide by their 'Code of Ethics and Practice' a copy of which can be found on the Society of Homeopaths' website: www.homeopathy-soh.org/about-the-society/

Thank you for taking your time to read all the information in this letter and I look forward to seeing you at your consultation.

Warmest wishes,
Janet