

## **We are Happy to Have you as a Patient!**

Now that you have had your initial homeopathic interview with us, we want to share some important information with you that will help you make the most of your care.

- You have received a list of substances that can interfere with homeopathic treatment. Be careful to avoid them. If we are treating your child, please make sure that others who care for him or her are familiar with what needs to be avoided.
- You may be surprised that the homeopathic interview is different from that of conventional medicine. Homeopathy treats the whole person rather than an individual diagnosis or problem. Our process is to integrate everything you have told us about yourself or your child and to match that composite picture with one specific homeopathic medicine. We do not provide you with a written assessment of what is wrong with you like some conventional and holistic physicians do.
- We may prefer to not tell you the name of the medicine until we know it has worked. There is a specific reason for this. The less prejudiced and more spontaneous we can both be, the better our chance of finding the best homeopathic medicine for you or your child. If you know or read about the medicine before we know it is correct, you will inevitably form ideas about it that will prejudice you. After we know the medicine has acted, we will gladly explain to you what we have given. If you do not feel comfortable taking the medicine without knowing what it is, we will tell you but ask that you do not read about it.
- Please read our book, *The Patient's Guide to Homeopathic Medicine* if you have not already. It will help you understand homeopathy much better, make the most of you or your child's treatment, and will answer many questions that may arise.
- If you or your child has a medical emergency, please seek emergency medical care, then call us. If your child has some type of infection for which you would normally use antibiotics or another non-emergency condition, have you or your child diagnosed then call us before administering any medicine. The majority of the time we can offer a highly effective natural alternative which will not interfere with your or your child's homeopathic treatment.

- There are several products which are an excellent adjunct to homeopathic treatment. If you feel that you or your child is starting to catch a cold or a respiratory flu, we strongly recommend EHB, the best herbal product we have ever found. Although you will find some of its components in any health food store, we have found EHB to be much better. For adults, take two capsules at the first sign of a cold and two every two hours up to ten a day. Children need half the dose: one capsule every two hours. Often after the first two capsules, the symptoms will go away. For children too young to take capsules, we carry a liquid Echinacea-C in various flavors that has similar effects. In many cases taking EHB immediately will prevent the need for antibiotics. An excellent natural substitute for antibacterial sprays and ointments is Calendula cream, ointment, or spray made from marigold. It is available in any health food store or through us.
- We are naturopathic as well as homeopathic doctors. Although we specialize in homeopathy, we have extensive training in nutrition and lifestyle counseling. If you ever want our suggestions, you can set up an appointment for that purpose. We do recommend multivitamins and minerals to all of our patients. If you have a simple question about nutrition or lifestyle, feel free to ask us about it. If you desire laboratory testing that we have not recommended, ask us whether we think it would be helpful.
- Last-minute cancellations do not allow us to fill the time with other patients in need of our care. Our receptionist will try to call you to remind you of your appointment, but sometimes this is not possible. You are responsible for it regardless of whether or not she calls you. Please mark all appointments on your calendar.
- If you think of some important information that you forgot to tell us, please write it down and save it for the next appointment or fax it to us. Dreams are very important in homeopathy. If you or your child remember a dream, do write it down.
- If we ask you to call our office with a progress report, please leave the information with our receptionist or on the voice mail. We will only return your call if necessary. If you need to convey information to us during our office hours, you can assume we are with patients and will promptly communicate an answer that our receptionist can relay to you.
- If, for whatever reason, your appointment needs to be changed, it is your responsibility to let our receptionist know to cancel your other appointment. This is true whether you are doing well and wish to postpone your appointment, need an earlier one, or have had a remedy mailed to you and need to have a later appointment.
- If problems or concerns arise, do call us. We really want you to benefit to the greatest degree possible from our treatment and that requires clear communication. Our receptionist will be happy to address your concerns in whatever way is appropriate.