



Nature's Own Wellness
Medicine . . . the Way Nature Intended

Your First Visit, What to Expect

The first visit takes about two hours to complete and consists of two sections. During the interview portion, you will have ample opportunity to tell me about any and all complaints you experience in life, whether they be physical, emotional, mental or spiritual. At the end of this segment, I will do a short physical examination. This part allows me to gently assess each region of your body for any abnormalities, and provides base line data for future use.

Sometimes, I am able to prescribe a homeopathic remedy at the end of this appointment. Other times I take my notes home and work with them for a few evenings. Finding one remedy out of the 4,000 available can be a daunting task, but sophisticated computer programs and modern techniques make the job much easier. After I am clear about which prescription may be of the most benefit to you, I'll phone you and make arrangements for picking up your remedy.

What about subsequent visits?

I like to monitor your progress at three to seven week intervals depending on your situation. These follow up appointments usually take one hour. As you improve, these visits are spaced further apart.

During any appointment, be prepared to answer many questions because your symptoms make you different from everyone else. Any additional information you can provide is always helpful. For example: "Under what circumstances do you experience this symptom? When did it start? What does it feel like? What makes it better or worse?" Think about your general health, habits and any past shocks or injuries you may have experienced that might have been aggravating factors. I may ask you about your sleep, food cravings, sensitivities, energy level and personal nature. I often ask about feelings, sensations and dreams. All these details give me a good picture of you as a person so I can match a remedy to your unique characteristics.

What kinds of homeopathic remedies do you prescribe?

Each prescription consists of a single item made from a plant, mineral, salt, metal, or bit of animal tissue. Examples from daily practice are Pulsatilla (windflower), Calcarea carbonica (calcium carbonate from oyster shells), Sulphur (the element), and Sepia (ink of the cuttlefish) Remedies are all prepared by FDA-approved pharmacies by serial dilutions of the original natural substance, with forceful shaking between each dilution.

What happens if a wrong remedy is given?

Generally nothing at all. Remedies are non-toxic. The prescribed remedy must resonate with the person, otherwise nothing happens. Sometimes symptoms are subtly changed without much overall progress. This signifies a remedy is close but not exact. I will be able to assess this better within the context of regular follow up appointments. Then we can make whatever changes are necessary to find you a more exact prescription.

Should I continue to see my medical doctor for my condition?

Yes. Your MD is uniquely skilled in monitoring the medical aspects of your progress as well as any exacerbations or setbacks that may occur during your treatment.

Are my visits covered by insurance?

At this time most insurance companies do not cover homeopathy. However, some insurance companies do cover alternative medical wellness consults. Check with your company. If you are not covered, you can ask if it is possible to alter your coverage accordingly.