

What to Expect When You See a Homeopath

The Office

Currently, I am offering HIPAA complaint telehealth appointments.

The Consultation

Consulting with a classical homeopath is quite a different experience than seeing a Naturopath, Herbalist, or Medical Doctor.

Homeopaths do not diagnose conditions, and they do not use diagnostic methods or equipment. Instead, homeopaths rely on the natural ability of the body (through the intelligent expression of the vital force) to express its illness through signs and symptoms in the body and other aspects of an individual's life. Understanding these signs and symptoms will lead a homeopath to an appropriate remedy. During the consultation, I will pay attention to the symptoms of your illness and how you talk about those symptoms.

The first consultation usually takes about 2 hours, during which time I will want to hear about all the symptoms of your current illness, as well as your past medical history. Homeopathy is a holistic approach to health so that a Homeopath seeks to understand the person who is suffering the illness, rather than just the 'medical condition itself. Other information of interest includes things such as, but not limited to, emotional and mental makeup, fears, anxieties, stressors, digestion and food preferences, sleeping habits and dreams, menstruation, and the effects of different weather conditions, seasons, and temperatures.

The Remedy

A client may not receive a remedy on your first visit since I take time to research & analyze your case to find the best fit for your "symptom picture." Once I have decided upon your chosen remedy, I will email you a remedy recommendation along with where to purchase it. Instructions on how to take the remedy will be included in the email.

Homeopathy heals at the deepest levels. Because of this, healing happens over time through good client management and consistent follow-up appointments. For some, improvements are noticed quickly, with an increase in vitality. For others, the healing process takes longer due to deeply ingrained patterns and years of suppressive medication. Homeopathy works at eradicating deep layers of unhealthy habits, both emotionally and physically.

Communication

In most cases, you will be asked to be in touch via email or an on-line app to track progress - to inform & keep track of significant changes & responses.

The Follow-Up

A usual time frame for a follow-up visit with me is every 4-weeks. Each case is unique; however, I will let you know when you should schedule your follow-up. The follow-up visit usually lasts around 1 hour, during which time I will review with you the main symptoms of your case and note any changes that may have occurred since your remedy.

At this point, I may decide either to study your case further, to repeat the remedy already given, or not provide further remedy doses. I will recommend your next follow-up visit.

Your commitment and dedication to your unique process of healing are of utmost importance in working with me. A minimum six-month commitment is advisable to determine if the work done together using homeopathy is successful.