

INFORMATION SHEET

Thank you for making an appointment with me. I appreciate that you may not have received homeopathic treatment before, so I have set out below key matters in relation to your consultation, treatment, prescriptions, follow-up consultations and availability. Please read this letter carefully.

PERSONAL HISTORY SHEET

I attach a personal history sheet. I should be most grateful if you could take the trouble to complete this before your appointment in as much detail as possible and bring it with you to the appointment.

RATES

I am an insured, registered clinical member of The Society of Homeopaths, bound by its Code of Ethics. All fees payable in cash please. 24 hours notice is required for cancellations.

CONSULTATIONS

Adult Consultations:

1 hour initial consultation £80

Up to 45 mins follow-up consultation £60

Children Consultations (under 16 years old):

1 hour initial consultation £60

Up to 45 mins follow up consultation £50

Acute Consultations:

Up to 15 mins for minor ailments £25

REMEDIES

Remedies for chronic conditions are generally prescribed within a week of the consultation and are included within the fees. However I may also recommend you purchase supplements or acute remedies yourself.

YOUR TREATMENT

The Homeopathic Consultation:

The first consultation is an opportunity for you to discuss in detail any physical or emotional health problems which may be causing you concern or discomfort. All information which you provide is confidential. 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 may appear to be unrelated to your presenting complaint. The first consultation can take some time, because 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, at this time. Be prepared for the first consultation to last about 1 hour for adults and 45 minutes for children.

Family Consultations:

Where more than one family member is receiving treatment, it is usually preferable for adults to speak to me alone for at least part of the consultation. I must emphasize again that whatever a patient, even a minor, tells me is in the strictest confidence.

EXPECTATIONS

Acute Treatment:

Homeopathy can help alleviate and resolve acute conditions very quickly by helping the body self-heal rather than suppressing symptoms. Remedies are selected on individual symptoms of the condition and a number of different remedies may be required as the condition progresses through its stages.

Chronic Treatment:

Homeopathy is an individualised treatment, which aims to rid the body of the problem rather than just "treat" the symptoms. Treatments can therefore differ in length. Long-standing conditions generally take longer to treat, eg eczema can take 6 months to 2 years. Generally you can expect to see a homeopath once a month for 3 months to start, increasing in intervals if further treatment is required. An improvement in mood, energy levels and well-being is usually experienced from the start. Homeopathy is for health so regular check- up, consultations are recommended to maintain it.

If you have any minor queries or need homeopathic advice between consultations, please contact me. If this is not possible, the Homeopathic Helpline (09065 343404) provides telephone cover from 9:00 am to midnight every day of the year. Calls are charged at £1.50 per minute and you will be recommended a remedy to purchase from a homeopathic pharmacy.

Geetu Anand, BSc (Hons) Homeopathy LCHE RSHom.

It is recommended that if you have any doubts, in an emergency situation you should contact your GP and/ or Accident and Emergency Department.

REMEDIES AND REACTIONS

Your prescription will come in tablet, liquid or pill form with individual instructions. They are taken quite differently to conventional medicine and ideally should be taken 15 minutes either side of strong foods or drink, eg coffee, toothpaste. Also please store them in cool dark conditions.

The remedies are natural and free from toxicity, unlike conventional medicines so there are no side effects. However there may be an initial worsening, old symptoms returning or discharging. These are all part of the natural healing process and are a good sign. Please call me if you are concerned so I can reassure you or re-treat if necessary.

Since homeopathic remedies are completely natural and non-toxic, they are safe for everyone including babies, children and during pregnancy. Where necessary they can also be used alongside conventional medicines without interfering with their action. In many cases however treatment may reduce or remove the need for conventional drugs, in consultation with your GP.

Homeopathy is a non-statutory health care provision. However I am registered with the Society of Homeopaths and obliged to practice within a strict professional and ethical code of conduct.

AVAILABILITY

I am available on most weekdays between 10:00 am and 5:00 pm. However, please ensure that you make an appointment in advance.

For further information about homeopathy please see:

<http://www.homeopathy-soh.org/about-homeopathy/what-is-homeopathy>