



## *How to Prepare for Your Initial Consultation*

Every client is unique with their own set of very specific emotional, mental and physical constructs and problems. Hence it is very critical to give as much information as possible not only of your physical ailments but those that pertain to your emotional and mental state of being (Especially past and current stressors).

Information on any diagnosis, medication, herbal & supplements are also critical in order to come to a proper remedy and monitor progress

For most people, their first visit to a homeopath is a surprising experience. The consultation is lengthier than that required for a doctor, and the questions asked extend well beyond those of the immediate problem.

The information provided by you during your first consult will be used to choose the best matching remedy, so it's important your answers are as accurate and complete as possible – the better the information, the better the prescription, and, the better the results.

I will help with this process by asking lots of questions and encouraging you to tell your story as fully as possible.

For the purpose of explaining these points, let's imagine you have a headache. Before it can be treated homeopathically I will need the following information:

- Location: where does it hurt – right side, left side, top, temples, forehead, base of skull, or ...?
- Sensation: What does it feel like – throbbing, aching, burning, stabbing, boring, bandlike, or ...?
- Cause: was it triggered by anything – fever, shock, a blow, heat, grief, anxiety, a particular food, or ...?
- Modalities (things that make it better or worse): heat, cold, bending, lying, sitting, moving, eating, drinking, rubbing, light, noise, or ...?
- Accompanying symptoms: are there other symptoms that occur with the headache – food cravings, changes in thirst, itchy skin, cramps, burning eyes, chilliness, or ...?

As you can see, a headache is not just a headache! I need this detailed information if I am to make a helpful prescription.



## **We will generally cover the following:**

### **Physical Complaints**

I will want to know all the health problems to which you have been prone, either now or in the past. A good way to bring these complaints to mind is to ask yourself when you have:

- Visited a doctor or other healthcare practitioner
- Taken medication (orthodox or complementary)
- Required hospitalization or surgery

I will certainly help jog your memory during the consultation it is also useful to note them down beforehand (in the order they occurred) for easy recall. It will also be helpful if you provide reports from relevant pathology tests or diagnostic investigations, along with a list of your current medications.

### **Your Individual Response**

As I collect the symptoms that create a picture of your particular imbalance, I may ask questions about:

- The strength of your thirst and appetite, the type of food you normally eat, and especially food cravings and aversions, and any foods that disagree with you.
- Sleep patterns, repetitive dreams, and even the position you sleep in.
- The sort of weather that does or doesn't suit you.
- Your reactions to things such as different environments, animals, music, and company – do you enjoy or avoid them?

### **Temperament and Personality**

Excesses in personality traits are also symptoms of ill health. For example, being careful with money and using it wisely is a good thing but if spending creates anxiety that leads to hoarding, a problem exists.

Similarly, there is nothing wrong with being organized and neat but if these good traits are replaced by obsessive tidiness or controlling behavior, the person is no longer operating from a place of health.



Changes in behavior during sickness are also important. If you are normally calm and relaxed, but have become irritable and fussy in your illness, I will note these changes as symptoms.

One of the amazing things about homeopathy is that the correct treatment can put you back in control of your moods and behaviors rather than them controlling you.

### **Anxieties, Fears, Phobias**

Fears and phobias such as: the dark; animals; heights; poverty; something happening to family members; cancer; thunderstorms; snakes; crossing bridges, and a range of other things should not be thought of as a normal of life.

They also are symptoms of imbalance that point to the needed remedy and they should resolve with treatment.

### **Children – Additional Information**

If the consultation is for an infant or young child, I will also be interested in the mother's physical and emotional state before and during pregnancy; the pregnancy and birthing experience; vaccines given and possible reactions; plus the time it took for the infant to reach "milestones" such as teething, walking and talking.

### **Other Things**

I may ask about your family medical history. Tendency to diseases such as cancer, heart disease, lung problems, strokes, and mental disorders in other family members may indicate remedies that could help you.

I will also check for things that are the cause of your health problem or acting as a barrier to healing. A person with respiratory problems, for example, will not improve in a moldy house. Likewise, constant exposure to harsh chemicals will not only cause dermatitis but stop it from healing even though the correct remedy may be prescribed. In both these instances the best solution is to remove the maintaining cause.

Finally, I will refer you to your doctor for pathology or diagnostic tests should your symptoms indicate the possibility of a more serious disorder that has not yet been diagnosed.