

Preparing for the Homeopathic Intake

The homeopathic intake is a visit where you will have the opportunity to share your symptoms with your doctor in detail. The more your doctor understands your symptoms, the better able they will be able to select a medicine for you.

The consultation will be 90-120 minutes (may be longer as needed to complete your case; this can be discussed with the doctor).

The intake is an in-depth discussion of the details of your primary concerns, including:

- Your description of what you are physically experiencing in as much detail as possible.
- The sensations associated (what does it feel like), for example:
 - My headache is *throbbing* at my temples, I also feel *burning* at my temples, and I am inclined to rub them, I also get *flushes of heat* that starts in my chest.
- Your emotional experiences, for example:
 - When I get a headache, I get angry, I feel the anger in my chest, it builds and I suppress it, which makes the head pain worse.
- Your emotional reactions to the things that are bothering you, for example:
 - When I am angry I dwell on mean things people said to me, I tend to hold it in, but then when I hold it in, it causes headaches, and I have an outburst of yelling later.
 - I am overly sensitive to criticism, when someone criticizes me I doubt myself, feel incredibly depressed and then I go to my room to be alone and cry. I get a lump in my throat and I am sensitive to the sunlight.
- Your detailed description of what you are feeling
- Your thoughts, mental reactions to events or experiences, your internal dialogue
- What makes you feel better, and what makes you feel worse when the symptoms are happening,
- In general any associated symptoms
 - If you have a specific symptom, anything that consistently happens at the same time
 - Or anything that alternates with the main symptoms
 - General preferences and characteristics, as asked on the homeopathic questionnaire, such as preferences for types of weather, foods, personality traits, etc.
 - Make notes of your symptoms and the above details of what makes you better and worse, and any associated symptoms, to bring to your homeopathic visit

Please describe all of this in as much detail as possible.

At the homeopathic visit, you and your doctors will also discuss benefits and risks of homeopathic treatment, and prescribe natural homeopathic medicine specific to your case, costing \$7 per vial that typically lasts over a month.