



WHAT TO EXPECT IN A HOMEOPATHY CONSULTATION

Homeopathy can help to strengthen your ability to fight short-term illnesses, such as colds, earaches, indigestion, and muscle aches. You can often find an affordable, over-the-counter homeopathic remedy to help you feel better from acute symptoms. Visit [HomeopathyCenter.org/search-conditions-find-a-remedy](https://www.homeopathycenter.org/search-conditions-find-a-remedy) to start your remedy search.

For chronic concerns like asthma, depression, autism, arthritis, and others, you can find a professional homeopath to help. A professional homeopath has the knowledge, skills, and training to address complex health concerns with constitutional (whole person) care.

While a variety of healthcare professionals practice homeopathy, each conducting constitutional consultations based on their philosophy and a client's needs, an initial homeopathy consultation often includes these components.

1 BEFORE THE CONSULTATION

The client schedules a one-to-two-hour in-person, video, or phone consultation appointment. The homeopath usually provides the client with forms to collect their contact information, health history, informed consent, etc., before the consultation.

2 DURING THE CONSULTATION

Homeopathy regards symptoms as a person's healthy attempt to restore balance. It also recognizes that each person exhibits "sickness" uniquely and slightly differently. A homeopath listens carefully, takes notes, and asks clarifying questions to choose a homeopathic remedy that matches the client's symptoms and can restore their health.

3 CLIENT SHARES MAIN HEALTH CONCERN(S), SPECIFIC SYMPTOMS, AND MEDICAL TREATMENTS

Mind: clarity, memory, dreams, etc.
Emotions: feelings, triggers, reactions, etc.
Body: location, sensation, what helps or worsens, etc.

4 CLIENT DESCRIBES GENERAL TENDENCIES

Temperature: warmer or chillier, prefer heat or cold, etc.
Time: hours, time of day, etc., when a condition improves or worsens
Food: likes, dislikes, intolerances, etc.
Sleep: quality, position, duration, etc.

5 CLIENT DETAILS OTHER PHYSICAL SYMPTOMS AND CONVENTIONAL MEDICAL TREATMENTS

Head: scalp/hair, eyes, ears, nose, etc.
Skin: rashes, hives, perspiration, etc.
Muscles and bones: injuries, weakness, etc.
And so on ...

6 AFTER THE CONSULTATION

The homeopath recommends a homeopathic remedy and provides dosing instructions. The client schedules a short follow-up appointment, usually four to six weeks later.