

Second Wind Holistic Care

It's a natural thing.

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What should I expect during my first visit?

You should expect, when visiting any homeopath, to spend quality time during your initial visit (case intake). Generally speaking, a case intake can take anywhere from a half-hour to two hours, depending on the complexity of your situation.

I will ask you to fill out a health history form in advance. This information will provide me with a solid sense of your previous health and family history, all necessary information to gain a clear picture of your background. Don't worry, though, if you don't have much of this information (some people don't have knowledge of family health or of their own health as a child). Just fill in as much information as you are able and bring the forms with you to your appointment.

I may ask you to fill out a waiver giving me permission to use your case for educational purposes and/or to collaborate as needed with your other care providers regarding your wellness. Granting this permission is strictly a personal choice and you should give it only if you feel comfortable. At Second Wind Holistic Care, your personal information is always kept strictly confidential and your case will only be shared if you have filled out this form and granted specific permission in writing.

I will generally begin your appointment by asking you to describe your most immediate health concerns. I will ask you to discuss symptoms and sensations (how you feel about your symptoms or how you feel while you are experiencing them) in greater and greater detail. I may be writing down much of this information as we spend time together in order to gather a very clear and concise picture of your state. You may find this unusual and quite different than a visit to an allopathic practitioner, but not to worry!

As an example, let's say you have a pain in your elbow. In conventional medicine, you might be asked to describe it, your elbow will be examined, perhaps you'll have an X-ray if the pain is the result of an injury or if arthritis is suspected, and ultimately you may be prescribed something for the pain.

I may ask more and deeper questions in order to fully understand your whole state:

- What makes it better?
- What makes it worse?
- What kind of pain is it? (People feel pain and describe pain in many different ways.)
- How are you feeling when in this pain?
- What does this pain remind you of?
- What else about it should I know about it?

By using interviewing techniques designed to help you express yourself as fully as possible, a more complete health picture can be identified, thus making holistic treatment a unique fit for your particular state of health.

You may feel a little bit apprehensive during the interview or wonder if you are doing a good job expressing yourself as you are asked "Can you tell me more about that?" But you needn't feel worried – I'll guide you easily through the questions and give you feedback during your intake. You should feel free to ask questions at any time.

You may not be prescribed a remedy immediately upon your first visit. I may need to spend some time in research and differential analysis (comparing several remedies to determine which one is the closest match for your overall state) to ensure giving you the best prescription possible. If this is the case, I will mail your remedy with directions for how to take it.

Depending on your case and your state of health, you may wish to return for a visit within a week or two – or it could be as late as four to six weeks after your initial intake. This is really very case-dependent, but we can discuss the best timing for a follow-up visit.

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