



# Second Wind Holistic Care

It's a natural thing.

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## **What should I expect during on-going treatment?**

You should expect to explore every facet of your health that you wish. I am not a miracle worker and your mind-body health will require that you be as attentive, dedicated, and cooperative in your progress as I intend to be!

You may find as you progress that changes or adjustments in your eating habits, lifestyle habits, sleeping patterns, living and/or working environments, relationships, and other areas of your life become necessary to promote sound health and a good long-term response to increasing wellness. Many patients, as they become more informed and more aware of their health and how they are impacted, begin to make healthier choices for themselves and their families with the ultimate goal being that of achieving a balanced quality of life – it's a natural outcome of beginning to feel better!

You should expect, as you would with any kind of practitioner, to take responsibility for your health and your well-being. Just as a dentist can't help you much if you refuse to brush your teeth or floss, I probably can't help you much if you continue to make unhealthy choices regarding your long-term care and well-being. My overall objective is to see you less and less as you get better and better, and ideally help you get to a place where you are only in the office for an annual visit to see how things are going. But this will require commitment and determination on your part, too.

You may see, during on-going treatment, the return of old symptoms that you had long ago. As an example, let's say that years ago when you were a kid, you experienced occasional bouts of tonsillitis with a painful sore throat that developed into a cough and laryngitis. As you progress through treatment and the more chronic parts of your overall state begin to improve, it is quite possible to experience an "aggravation" of old symptoms as the "onion layers" of your health disturbances are peeled away, so to speak. In other words, you could suddenly find yourself with that same kind of a fever, sore throat, and tonsillitis of long ago. We can discuss these occurrences and treat as necessary should they arise. I may or may not recommend a remedy during these acute aggravations – each case will be determined carefully. The important thing to remember is to reach out with a phone call if these events do come up.

If your state of health is such that you are required to take medicines prescribed for serious chronic conditions, you will be asked to continue your care with your regular physician to monitor your progress and adjust your pharmaceutical medications appropriately as your state progresses either toward cure or toward end of life. This is extremely important and it is imperative that we work closely with your physician(s) in cooperation to ensure the best overall care. Stopping your medications without consulting your physician can have serious implications and you should never adjust your medications without proper consultation with your prescribing physician.