

HOMEOPATHIC CONSULTATION

Information Pamphlet

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Homeopathic Consultation Service
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Hours by Appointment – Call (732) 255-1458

Dear Clients and Friends,

The State of New Jersey does not recognize Homeopathic Medicine. Even if practiced by a medical doctor, homeopathy does not fit within the guidelines of today's 'approved' medical practices in most of the USA. Currently I am a graduate of the British Institute of Homeopathic Medicine.

You, like me, and many other people, have chosen to turn to Homeopathic treatment as a complementary or alternative therapy. I chose to study Homeopathy as I felt an alternative to current practices were needed, and I believe it is your right to pursue if you wish. **This therapy is not meant to take the place of your medical practitioner**, but as a complement to his or her treatment. **I make no medical claims** for this alternative/complementary therapy, and can promise no results. I can only echo the founder of Homeopathic Medicine in my hopes for this endeavor that it "may be for the glory of God and for the good of my fellow man".

If you wish to try this type of therapy, I will do everything I can to help you in this endeavor. But you must understand that discussing your case with me is only **for consultation purposes**. The decisions whether or not to use or purchase Homeopathic remedies are entirely up to you and may be purchased at The Herb Garden or Homeopathy Overnight.

The Herb Garden carries a small quantity of homeopathic medicines as a courtesy to our customers and friends. If you choose to try homeopathic therapy, you may purchase these remedies from the Herb Garden, if we do not have the medicines on hand we will order them for you if you desire, or you may contact Homeopathy Overnight at 1-800-arnica3.

CONSULTATION FEES

My consultation fee is currently \$60.00 an hour. The initial consultation can be up to three hours long. Initial consultations are \$175.00 if it is within my homeopathic consultation hours. Follow-up visits during consultation hours are \$30.00 per half-hour. Phone calls and e-mails are normally without charge for the first 5 minutes, after that usual hourly fee will apply.

Homeopathic Medicine is very time consuming. Besides the consultation time, I often spend an equal or greater amount of time on research relating to your individualized case. This usually comprises a literature search of classical works and

the known professional literature of today. If finances are a problem for you, I would be glad to work something out with you.

Some General Statements about Homeopathic Treatment

Healing:

Healing must take place on three levels; Mental, Physical, and Spiritual. When our creator programmed us he gave us all the elements of survival. Illness comes in when one of our three levels is not in balance. If you choose to undergo 'Homeopathic Treatment', I would strongly suggest you avoid, or use only sparingly, stimulants including coffee and caffeinated drinks, alcohol and drugs and mint.

Conventional Medical Treatment:

If you are currently under the care of a medical doctor, I would ask you to keep in close touch with him/her during your homeopathic work. Homeopathy moves very slowly as it stimulates the body to heal itself. We do not become ill overnight, and there are no magic cures implied, or to be expected from homeopathy. If you are in an emergency situation please contact your primary health care provider.

You will never be asked to do without your allopathic prescription medicine. If your medical doctor has prescribed medicine for you and you feel you no longer need to take it, this decision, is yours. I strongly suggest you revisit your medical doctor if you wish to go "off" his/her medicines, or I will refer you to one of several physicians in our area who would be willing to monitor your progress as you wean yourself away from long term medical therapy.

Using Homeopathic Remedies:

While using Homeopathic Remedies, please avoid strong odors and solvents. Usually it is best to avoid all stimulants (coffee, etc.), stay away from camphor, cleaning solvent, artificial sweeteners and even the mint family. Use baking soda toothpaste (without flavoring). Avoid anti-perspirant deodorants. Be sure to get plenty of sleep, and rest when needed. Carry a diary to note your symptoms, state of mind, and the times of day when your condition is worse or better.

When starting your homeopathic work, occasionally there is a slight worsening of the physical symptoms. You should feel better overall. If you feel a lot worse and things become uncomfortable call me immediately no matter what time of the day or night.

If homeopathy has helped you, please spread the word so others may also get help if they so chose.

I have included an information sheet on homeopathy. Feel free to ask any questions you may have.

I am a graduate of:

The British Institute of Homeopathy Ltd
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Homeopathy

Homeopathy is a medical philosophy developed by Dr Samuel Hahnemann, as an approach to healing that worked with the person's body to encourage the body to heal itself, that has been practiced for over 200 years. Homeopathy is based on immutable laws of cure: Like Cures Like; The minimum, infinitesimal dose; and healing takes place from within to without, from top to bottom, and last symptoms are cured first. And finally, but also important "The totality of Symptoms."

Dr Samuel Hahnemann lived over 200 years ago, and was a trained medical doctor of his time. He became discouraged with the medical practices of the period. Blood letting, purging, blistering and clysters were not only brutal and invasive, but he believed it further weakened the human body and in fact made healing less likely. Early in his career he switched his field into chemistry and then back to medicine. To support his large family he took to translating the medical books of the era into different languages.

In nature, two similar diseases cannot co-exist within the human body. People who had scurvy or kidney failure when the Bubonic Plague hit Europe did not catch the plaque. Milkmaids with active Cowpox did not get Smallpox, and people with Malaria did not contract Syphilis – in fact a trip to the tropics was often suggested for people with active Syphilis in hopes they would contract Malaria that would displace the disease they had.

With this knowledge, Samuel Hahnemann set out "proving" the known medical substances for their effects on the healthy human body. He administered to himself Cinchona (Quinine) and noted the results – he developed most of the symptoms of Malaria, and indeed Cinchona was the medicine used to 'cure' Malaria. With the help of healthy volunteers, Samuel Hahnemann tested his medical substances and recorded the symptoms exhibited. He concluded that medical substances would 'cure' in a sick person those same symptoms that the medicine caused in a healthy person. Thus the principal that Like Cures Like, which is still a major part of our philosophy today.

The drawback to this law was that the medicinal substances even though curing the natural disease, often had terrible side effects and often even caused disease themselves – thus the patient trades a natural disease for a medicinal disease. So, Samuel Hahnemann started diluting his medicines to see how little of a medicinal substance he could give, and still effect a cure without the debilitating side effects. This led to the principal of the smallest possible dose or "infinitesimal dose". Much to Hahnemann's surprise and to our benefit – medicines actually became more efficient and more effective when they were diluted and energized, side effects decreased dramatically and no lasting "medicinal disease" ensued.

Today the principals Samuel Hahnemann formulated still hold true and have been successfully used by homeopaths for almost 200 years. Unlike allopathic medicines, homeopathic principals are unchanged. So, homeopathy is a fixed medicinal science. Any deficiency lays in the prescriber, not in the science or medicine.

All homeopathic remedies are "tested" or "proved" on healthy volunteers (men, women, and children), who faithfully record all symptoms the medicines

produce. These same medicines can then “cure” those same symptoms in an ill person, without dangerous side effects.

Today homeopathy is well accepted throughout most of the world as a safe and effective alternative form of healing. *Homoios* means like or similar. Homeopathic remedies are chosen only for the symptoms the body exhibits and not for the disease diagnosis. Since it is the body’s reaction to an illness that creates the symptoms – in homeopathy it is only those symptoms or bodily reactions that are considered. Remedies are chosen which match the ‘proving’ symptoms exhibited by healthy persons, when taking that remedy under strict guidelines.

For example, 6 people may have a Strep Throat, with, of course, the high fever that accompanies it. One of those six may have covers piled on him up to his chin, and not want to see or speak to anyone. Another may drive his ‘nurse’ or ‘mother’ crazy with whining and fussing and not wanting to be left alone. Another may be totally thirstless despite the fever, and still another may be sitting up on the couch watching television and tell you the throat is not bothering him and he feels fine, while the other two sleep all day. The Allopathic diagnosis is the same and in allopathic medicine an antibiotic would be prescribed possibly the same one if their medical history did not contraindicate it. In homeopathy, however, the guiding symptoms would be the patient’s reaction to the current state and all would probably be given different remedies as their symptoms were different.

Antibiotics in effect engage in hand to hand combat with the disease pathogen. The principal being that once the disease is at a manageable level the body’s own defense system takes over to restore health. Homeopathic remedies however stimulate the Vital Force to help the body fortify against the disease producing mechanisms and thus affect a cure.

Homeopathy is an art of the “totality of your symptoms”. Homeopathic practice considers illness invisible, and only your symptoms reflect the nature of your illness, so homeopathic Consultants will want to know everything about you. What hurts, how it hurts, what direction the pain is traveling and what kind of pain it is. They take into account your likes and dislikes, along with crazy seemingly unrelated symptoms like a shooting pain in your toe after eating; excessive hunger and waking up every night at a certain time.

Since homeopathy is a holistic art, you should try and maintain a proper diet, get regular exercise and plenty of rest. Your spiritual life must be attended to. Healing make take place in three areas, your spirit, your mind, and your body.

If you choose to undergo “homeopathic consultation” together we will go over all your symptoms, mental and physical, and then try to find the one remedy that will address all those symptoms. The mechanics can be complicated. Upon completion of your symptomology I will work out the logical remedy and discuss with you why that was the indicated one. If you choose to proceed with the remedy, I will be your resource to help guide your progress into better health.

DISCLAIMER:

Claudia Hinz is currently a consultant of Homeopathic Medicine (this is not a MD degree). Claudia Hinz only accepts clients on a **CONSULTATION BASIS FOR INFORMATIONAL AND TEACHING PURPOSES**. She does not guarantee effectiveness. Homeopathic consultants do not diagnose or treat named diseases. We offer no cures for named diseases. If you are ill please consult a licensed medical doctor.

Last Name:

Phone Number:

Your MD's Name:

Phone Number:

I realize that I have the right to make decisions about my body and my medical condition. In exercising that right I have chosen to explore Homeopathy as a complementary form of treatment.

I, _____, residing at

_____ have chosen to consult with Claudia Hinz regarding the use of Homeopathic Remedies.

I realize that Claudia Hinz is a graduate of the British Institute of Homeopathy. I also realize that Homeopathy is not licensed for practice in the United States. I realize that Claudia Hinz is not a medical doctor, so my consultation with her is for informational and learning purposes only. Homeopathy does **NOT** diagnose nor **TREAT NAMED DISEASES**.

I certify that I have seen, and am under the care of, a medical doctor for this condition. Claudia Hinz will guide me through the homeopathic process and keep me informed of what could be expected throughout this journey. If I so choose, I have the right to take the homeopathic remedies that might be indicated at this time. I realize taking such remedies may or may not help my condition. I realize there are no guarantees of a cure and no guarantees that my symptoms will lesson or improve. I will not hold Claudia Hinz responsible for a worsening of my current symptoms or any new ones that may arise. I realize I am under no obligation to use this or any other remedies, or to purchase these remedies from The Herb Garden, and I am free to purchase said remedies, if I choose to take them, anywhere I want.

I am not expected to, nor will it be demanded, or suggested to me, to stop taking my prescription medicines. If I choose to discontinue taking may prescription medicines, Claudia Hinz strongly suggests I contact my medical doctor for proper monitoring.

I also certify that I have read the attached papers about homeopathic remedies and I have taken it with me for future reference.

Signature (or Parent's Signature)

Date