

The Homeopathic Consultation:

Preparing for your initial visit with Dr. DeLaney

Please read this introductory material -- then, complete the accompanying forms. This information can answer some questions you may already have about homeopathy, but more importantly, can help you get the greatest benefit from your initial visit with Dr. DeLaney. You can save this brochure for later reference as well.

What Is Homeopathy?

Homeopathy is a system of medicine based on the principle of "Like Cures Like." Homeopathy uses small doses of natural substances to stimulate the body's own healing mechanism.

"Like cures like" means that a substance that causes symptoms in a healthy person will cure them in an ill person. This was proven by Samuel Hahnemann, the founder of homeopathy who lived and practiced medicine in Germany in the 1700s. At that time, quinine was used to treat malaria. Hahnemann gave himself Cinchona Bark, the substance from which quinine was derived, and discovered he had symptoms identical to malaria. When he gave Cinchona Bark, in dilution, to someone with malaria, the patient became well. Through extensive research he found this principle applied to many, many other substances. In the last two centuries hundreds of substances have been tested in this way. These tests are called provings.

How Does Homeopathy Work?

When a substance has been proven, it is entered into a *Materia Medica*, a source-book for homeopathy physicians. These entries detail the physical, mental and emotional symptoms that correspond to each substance. A homeopathic physician meets with a patient for an extended consultation to develop a comprehensive symptom picture. The physician can then match the patient to the correct remedy. A homeopathic remedy is a non-toxic dilution of the original substance. Today they are prepared in federally regulated pharmacies.

Homeopathic treatment considers the whole person. Your symptoms -- whether mental, or emotional -- are considered expressions of your system's imbalance. Homeopathy treats not just you headache or your asthma but your total symptom picture with a remedy selected to correlate with your symptoms in order to assist your body in re-establishing its own natural balance. Supportive therapies such as nutritional supplements and herbs are also used to aid in this process.

During your initial consultation Dr. DeLaney will discuss with you in great detail your chief complaints, your likes and dislikes, your hopes and fears, and explore who you are as a person. Her choice of remedy is based on the information she gathers from you.

How Can You "Get the Most" From Your Visit?

An hour and a half for a physician visit may seem generous by today's standards but it is actually a short time to get to know someone "inside and out." It takes time to understand a person thoroughly enough to effect a lasting cure.

Any remedy prescribed for you is based on the totality of symptoms you describe, so it is vital that Dr. DeLaney have as much information about you and your symptoms as possible. Your willingness to prepare thoughtfully and thoroughly for your initial visit increases the likelihood that Dr. DeLaney will have the information she needs to choose the best course of therapy for you. More specifically,

Complete the enclosed forms

Some portions of the enclosed forms may be familiar, others not so. Each is designed, however, to help you explain your current condition and important related information in a way that gives Dr. DeLaney a complete picture of you as a person with likes, dislikes, a family, a history -- exactly what she requires to select an appropriate remedy. Please complete ALL parts of each form.

Think about your symptoms & how best to describe them

When you discuss with Dr. DeLaney the conditions or problems that bring you to her, try to be as specific as possible. You can use the questions below as a guide and even make notes if that will help you remember. For instance,...

Onset/recurrence of symptoms

Did the start of your problem/condition coincide with any occurrence, emotional upset, or stress? lack of sleep? exposure to weather? an injury or surgery? any kind of excess (alcohol, food, etc.)? anything else different?

Does anything seem to cause a recurrence of your symptoms? ... a disappearance of your symptoms?

Location of complaint

Be specific: "Pain in left temple" is more helpful than "headache"

Description of sensation or pain

Is the feeling burning? tingling? crawling? itching? pressured? numb?

Is the pain cutting? aching? cramping? pulsing or throbbing? other?

Worsens or improves complaint (applies to emotional, mental, & physical concerns)

Does it vary with the time of day or night? the season? the weather? Try to be precise, e.g., "walking at midnight" vs. "walking during the night"

Is it affected by your position -- sitting? standing? lying? lying on left? lying on right?

Is it affected by activity -- walking? running? resting? moving in a specific way?

Does temperature (cold or warmth) affect your condition?

Does eating or sleeping have an affect? Not eating? Not sleeping?

Associations with complaint

Does anything occur regularly in association with your symptoms - nausea with headaches? skin clearing during menstrual cycle?

What Happens Next?

Dr. DeLaney may send you home with a remedy and/or other recommendations after your visit, or she may want more time to consider the specifics of your condition.

Directions will be provided for any remedy given to you and a follow-up appointment will be made for you before you leave the office.