

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
49 Pinner Street, Upper Mount Gravatt
Brisbane, QLD – 4122, Australia
Contact No- 0431895785
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Treatment Plan

Patient details

Name: Adithya Krishna Anoop	
Email: Divyadivyamohan2007@gmail.com	Telephone: 0470218186
Address: 11 Samwell place, Nambour 4560. QLD.	

Product Name	Dosage Instruction
Sulphur 30 C	2 Pills once every second day before bedtime only for 3 weeks. Do not chew pills, let them dissolve under a tongue
Graphites 30C	2 Pills twice a day for 3 weeks, Do not chew pills, let them dissolve under a tongue
Probiotics – Activated Eczema Biome	1 sachet per day for a month, please take it as directed by vital.ly script
Meta Zin Vit C powder	As per vital.ly script direction

Follow Up	Please book a follow up telehealth appointment after 3 weeks As discussed in consultation, Please send Adithya's latest blood and allergy test results as soon as you receive. If allergy testing will be longer to wait, please contact me to arrange here if you want to do so.
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Skin care tips

- Emollient-Rich Cleansers: use gentle, [fragrance-free cleansers](#) designed for sensitive skin and avoid harsh soaps and detergents.
- Choose Soft Fabrics: opt for soft, breathable fabrics like cotton or bamboo for clothing, bed linens, and pyjamas to minimise irritation.
- Moisturise Regularly: use a gentle, [hypoallergenic moisturiser](#) daily to keep your skin hydrated. Apply it immediately after bathing to lock in moisture.
- Cool Baths and Showers: avoid hot water, as it can dry out the skin. Instead, take lukewarm baths or showers and limit their duration.

- Eczema can be managed effectively through a holistic approach that includes dietary changes, natural remedies, stress management, and mindful skincare. By addressing the underlying causes and triggers, you can take steps towards achieving healthier, more comfortable skin.

Diet and lifestyle recommendations

- **Address Environmental Triggers:** identify and address environmental triggers, including toxins in cleaning products and personal care items. Minimise exposure to allergens and irritants.
- **Stress Management:** hypersensitivity reactions may be associated with stress and anxiety. Mind-body techniques like meditation, tai chi, yoga, and deep breathing can help reduce reactivity.
- **Dietary Changes:** identify any specific foods that may trigger or worsen your eczema symptoms, such as dairy, eggs, nuts, soy, wheat, and seafood. Reduce inflammatory foods like saturated fats, refined foods, and sugar. Focus on fresh vegetables, whole grains, and essential fatty acids from sources like cold-water fish, nuts, and seeds.
- **Lymphatic massage:** this is a type of gentle massage therapy that stimulates your lymphatic system. It helps improve circulation and blood flow, aiding in removing waste products and toxins that can irritate your skin.

How to take Homeopathic Remedies:

1. Please take medication 15 minutes before and after food or drink with clean mouth.
2. Do not swallow or chew the pills, place them under a tongue and let them dissolve by itself.
3. Store medication in dry cool place and avoid from perfumes or strong odours substances.
4. Do not take medication straight after brushing teeth, after eating raw onions or drinking coffee.
5. Do not touch the medication by hand directly.

***If you have any queries, please email on vitalhomeocare@outlook.com. Your queries will be answered in 24-48 hours. Please do not stop any conventional medication without consulting your treating General Practitioner.**