

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
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Treatment Plan

Patient details

Name: Aswathy Nair	
Email: Achushaji59@gmail.com	Telephone:
Address: 2 Regents Place, Burn side, Nambour, 4560. QLD, Australia.	

Product Name	Dosage Instruction
Gymnema Sylvestre 200 C	1 Full dropper under a tongue before bedtime for 2 months
Gluko support	2 Capsules twice a day with meals for 2 months. Do not take with empty stomach.

Follow Up	Please book a follow up telehealth appointment after 4 weeks. Please count 4 weeks from the day you start to take medicine.
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Blood Sugar Control Plan:

- Please send your daily food intake record for a week. After receiving this, nutritional assessment will be performed to see the imbalance of carbs, sugars, proteins and fats.
- Do 30 minutes of physical exercise daily.
- Avoid processed foods, soft drinks or any high carbs and high sugary foods and drinks.
- Please keep a record of your FBS before you start your treatment and after starting as well. Once you start to take homeopathic meds and Gluko support, keep a record of your FBC daily and please send me weekly.
- After 3 months , your OGTT will be repeat.

How to take Homeopathic Remedies:

- 1. Please take medication 15 minutes before and after food or drink with a clean mouth.**
- 2. Do not swallow or chew the pills, place them under your tongue and let them dissolve by themselves.**
- 3. Store medication in dry cool place and avoid perfumes or strong odors 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 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.**