

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
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Treatment Plan

Patient details

Name: Adithya Krishna Anoop	
Email: divyadivyamohan2007@gmail.com	Telephone: 0470218186
Address: 11 Samwell Place, Nambour 4560 Queensland.	

Product Name	Dosage Instruction
Apis Mellifica -30C	When there is flared up 3 pills 4 times a day and then stop .
Sulphur 30 C	Continue as directed before
Gotu kola& calendula Rich Cream Salve - balm	Please apply on dry skin and eczema patches
Calendula hair and body wash	Please use for general hair wash

Follow Up	After 2 weeks
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Diet Plan:

- Please strictly avoid the food allergen listed on allergy test result
- No processed food including readymade juices, canned food or any artificial color added food, no yeast contained food.
- For gluten free flour, you can use sorghum flour, chickpea flour, amaranth flour.
- Keep hydrated all the time

Remedy plan:

- Please finish the course of Graphites and Sulphur as per direction.
- Apis Mel 30 c for flared up.
- Continue with Active Biome probiotics and supplement powder.

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.**