

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
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Gravatt Brisbane, QLD – 4122,
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Treatment Plan/Prescription

Date: 23/01/2025

Patient details

Name: Adithya Krishna Anoop
Email: divyadivyamohan2007@gmail.com Telephone: 0470 218 186
Address: 11 Samwell Place, Nambour 4560 Queensland.

Product Name	Dosage Instruction
Ant. Crud - 30C	10 drops under the tongue twice a day for 3 months
Ars. Alb - 30 C	10 drops under the tongue twice a day for 3 months

Follow Up	Book an follow-up appointment on 8/03/2025
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Remedy plan:

- Ant. Crud and Ars. Alb should be taken at the same time. Place 10 drops of Ant. Crud 30c under the tongue and same time, place 10 drops of Ars. Alb 30c under the tongue
- Zinc supplement powder as per vital.ly script

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 places 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 24-48 hours. Please do not stop any conventional medication without consulting your treating General Practitioner.

Homeopathic Practitioner:

Riddhi Rathore (B.H.M.S, Under grad cert in Nutrition)