

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
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Treatment Plan/Prescription

Date: 15/03/2025

Patient details

Name: Ameya Shaji	
Email: Achushaji59@gmail.com	Telephone: 0403 185 149
Address: 2 Regents Place, Nambour 4560 Queensland.	

Product Name	Dosage Instruction
Allergy Mix	3 pills two times a day before meal for 2 months
Apis Mel	4 pills once a week for 2 months
Pro-Biotics – Metagenics Ultra Flora Kids Care	$\frac{2}{3}$ metric teaspoon (2 g) daily mixed into cool or warm (not hot) liquids or food

Follow Up	Please book follow up appointment after 2 months.
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Treatment plan:

- Please take all the meds as per the above.
- Avoid pea nuts or almonds or any other triggering foods for allergic episodes.
- Add Carrots, beetroots, oranges and celery for Vit A , Vit – c and natural flavonoids n Anti-oxidants as a whole or natural juice not added sugar. Such as Valencia Orange and Beetroot or Carrots and Beet root. * Please make a note that urine can be reddish color when you consume beetroots*
- Continue with Vit D supplements.

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. Please seek a medical service, if there is any emergency. ***

Homeopathic Practitioner:

Riddhi Rathore

B.H.M.S, Under grad cert in Nutrition, Studying Master In Nursing