

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
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Treatment Plan

Date: 30/07/2025

Name: Ameya Shaji	
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Address: 2 Regents Place, Burnside, Nambour, QLD.	

Product Name	Dosage Instruction
Nat Mur 30C	1 Dose daily / In morning on empty stomach for 3 Consecutive days. A dose = add 3-4 globules in 15ml of water, mix and stir vigorously and drink whole. After 3 days, STOP dosing and observe for 10-14 days
Activated Probiotics Biome Eczema	Dose as per instructions on pack. Continue for 3 months. It can be found in Chemist warehouse if not please email for a script.
Hope's Relief Premium Eczema Cream 60g	Please apply thin layer on a face 3-4 times a day and before bedtime. Only for face. PLEASE DO PATCH TEST ON A SMALL AREA OF UNECEMATOUS SKIN.

Follow Up	As per treatment plan
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Treatment plan:

PLEASE DO NOT CONTINUE SULPHUR 30C AT THIS STAGE.

What to observe post-dose

- Skin itching and bleeding improvement
- Emotional changes (embarrassment)
- Dreams (frequency and intensity of large animals)
- General well being sleep, energy and appetite.
- If Clear improvement: Wait and watch, **DO NOT REPEAT** until symptoms worse again.
- If Partial improvement such as emotionally better but skin stagnant, wait a full 2 weeks then repeat 3-day dosing cycle
- If no change at all after 2-3 weeks, please consult your homeopath to discuss further.

Diet plan consideration:

- Avoid histamine rich foods such as fermented food, leftover food, aged cheese, processed meats,
- Avoid pro-inflammatory food such as sugar, processed and packaged foods.
- Include fresh and different more berries and green, and leafy vegetables.

Hydration:

- Ensure adequate water intake for skin hydration.

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.

**** Please do not stop any conventional medication without consulting your treating General Practitioner. Please seek a medical service, if there is any emergency. Please send your queries on vitalhomeocare@outlook.com and it will be answered within 24-48 hours.***

Homeopathic Practitioner:

Riddhi Rathore



B.H.M.S, Under grad cert in Nutrition.