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Treatment Plan

Date: 05/08/2025

Name: Abel Stephen	
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Product Name	Dosage Instruction
Graphites 30C	1 Dose daily in the morning on empty stomach for 10 consecutive days. A dose = 5 drops in half glass of water, mix and stir vigorously and drink whole. After 10 days, STOP dosing and observe for the next 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 (Optional)	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	Please book an follow-up appointment 4 weeks after you start taking remedies.
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Treatment plan:

What to observe post-dose -

- Look for signs of improvement:
- Reduction in oozing and inflammation.
- Less itching at night.
- Skin starts to heal without cracking.
- Even mild improvement indicates the remedy is acting; give it time.

What Next?

- If clear improvement is noted after stopping the remedy → wait and watch until action plateaus.
- If partial improvement but seems to stagnate after 3 weeks → You can repeat Graphites 30C once daily for another 3-5 days.
- If no response or worsening after 3 weeks → Please book an follow-up appointment.

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 fruits which have high anti-oxidants such as berries and green, and leafy vegetables.
- Include Zinc rich foods such as red meat, legumes such as chickpeas, lentils, beans, sesame seeds, pumpkin seeds, if you are not allergic to nuts you can add cashews , almonds and pine nuts in your snacks.

Hydration:

- Ensure adequate water intake for skin hydration.

Supportive Care Tips:

- Use plain coconut oil as an emollient after bathing and before bedtime.
- Keep nails trimmed to prevent injury from scratching.

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.