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ACUTE COMPLAINTS

Before you phone, please take note of your symptoms. Of most help to me, are “strong symptoms” which are clear and intense. The following questions can help you understand what is important to report.

When did your symptoms start?

- Time of day.
- Date.
- During a weather change (cold wind, electrical storm, extreme heat), an emotional event, a physical exertion, after eating/drinking, after nursing a sick child?

Describe your symptoms in as much detail as possible.

- If you are suffering from pains...
 - Where are they?
 - How do they feel? Aching, throbbing, sharp, cutting, bruised etc?
 - Does anything make them feel better e.g. rubbing, cold packs, hot packs, lying down, moving, pressure, dark/light?

 - Does anything make them feel worse e.g. noise, light, rubbing, pressure, cold, heat, people being around?
 - When are the pains better/worse e.g. morning, evening, waking with them, time of day or night?
 - Do the pains radiate anywhere e.g. from the knee up, from the knee down, from the back around to the abdomen, etc?
 - Do the pains start in one part of the body and end in another e.g. back of the head to the left eye?
 - Any sensations e.g. like hammers, like a knife, like a needle, like ants?
- If you have a discharge...
 - What colour is it?
 - How much is there (a lot or a little)?
 - Does it itch or burn or is it bland?
 - Is there an odour? What does it smell like e.g. old cheese, putrid, foul etc?
 - Is it thick, thin, watery, sticky or creamy, full of pus (what colour) or blood?
 - Where is it coming from e.g. eyes, ears, nose, sexual organs, urinary organs, sores/ulcers, mouth?

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Have any of the following changed from your normal state of health?

- Energy
- Appetite-cravings or aversions to certain foods e.g. sour, sweets, chocolate, potatoes, fruit, smell of food, hunger
- Constipation/diarrhea
- Thirst-cravings or aversions to certain drinks e.g. cold, hot, fizzy, thirst/thirstless, sour
- Perspiration
- Response to heat/cold
- Sleep
- Emotions e.g. you are more/less irritable, depressed, anxious etc

Do you have any odd sensations or feelings in your body?

Of particular interest are those symptoms which are unusual or peculiar e.g. extremely chilly with fever but do not want the covers on. Also important are symptoms which are different from those common to your complaint e.g. most coughs are worse lying down but if your cough is better lying down, that is important information. Other examples might be: bones feel broken with the flu, or there feels like there is a hair on the back of the tongue with a cough, or a fish bone stuck in the throat.

Has your primary care doctor made a diagnosis?

- Before you take any antibiotics or steroid medications, please phone immediately for advice. Homeopathy can be successfully used for bladder infections, tonsillitis/throat infections, ear infections.
- What have you taken so far e.g. herbals, homeopathic remedies, conventional medications, etc?

If your complaint is serious and/or life/threatening, go to the emergency room or to your doctor. Broken arms, legs, head injuries, dehydration, chest pains, suffocation, poisoning, surgery etc need immediate attention. Once the situation is well taken care of, please phone and then appropriate homeopathic treatment can be assessed.

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