



## AUSTIN CLINIC OF HOMEOPATHY

Homeopathic remedies initiate a natural and innate process by which the body heals itself. Changes after taking your remedy can sometimes be rapid and dramatic, but more often they are gentle and gradual, taking place subtly over time. As such, we encourage you to track how you're doing day to day, or as often as you notice a change. Use the following template as a guide, or record the same information using your own methods and/or technology. We will discuss in more detail at your next follow-up appointment. Note: journaling is not mandatory, but it does aid in thorough and comprehensive treatment for you.

Since treatment is focused on improving your general health, do not be concerned if specific symptoms do not change right away. Note: homeopathic remedies do not cause side effects. However, if you have a reaction that you don't understand, please contact your practitioner.

Examples of what to record:

- How you felt immediately or shortly after starting your remedy
- Gradual changes in what you noted as your chief complaint/s. Note shifts in intensity and/or frequency of the symptom/s.
- Changes in other physical, emotional, or mental symptoms not specifically noted as a chief complaint (for example: general feeling of well-being)
- Record any dreams you have
- Changes in energy levels
- Anything else that seems noteworthy from your perspective

Date	Note
<b>Example: 01/01/2019</b>	Felt sleepy after first dose of remedy. Noticed a boost in energy the following day.
<b>01/02/2019</b>	Remembered the following dream/s: (Insert dream content)
<b>01/03/2019</b>	Started noticing a decrease in (note chief complaint or symptom here). Intensity is down from a 9/10 to a 7/10. Frequency is down about 10%.

