

Dr. med. Dipl.-Physiker

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PATIENT INFORMATION for homeopathic treatment

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Dear patient,

welcome to our practice! This information gives you a brief insight into classical homeopathy and the procedure for homeopathic treatment. If you decide to have treatment in our practice, you will have the opportunity to discuss questions or concerns about homeopathic treatment in a preliminary discussion. This information also contains references to the billing practice and the costs incurred

The **Classical homeopathy** was developed by the German doctor Samuel Hahnemann (1755-1843) and has been used worldwide with great success for over 200 years. In diseases where conventional treatment is unsatisfactory, homeopathic therapy can often improve the quality of life. The limits of the method become apparent in diseases that have already caused irreversible structural changes in the body (e.g. destruction of joints or internal organs). There, no healing can be achieved but at best an alleviation of the symptoms.

Homeopathic treatment stimulates the body by carefully and individually selected stimuli to increase vitality and ultimately to heal from within. The homeopathic medicines are selected according to the principle of "similia similibus curentur" (likes are to be cured with likes). Samuel Hahnemann had observed that drugs that cause certain symptoms in healthy people (e.g. as part of a drug proving) are able to heal exactly the same symptoms in sick people. Building on this discovery, Hahnemann developed his homeopathic healing principle in countless systematic experiments. Subsequent generations of homeopathic doctors have tested a large number of other substances, so that the number of homeopathic medicines has now grown to well over 2000 substances and is constantly being expanded. To produce his medicines, Hahnemann developed the method of triturating and shaking the medicinal substances (potentiation). Experience shows that medicines manufactured in this way can achieve great healing effects..

As part of an anamnesis interview (recording of your personal medical and social history), the doctor tries to select the homeopathic medicine that offers the greatest similarity to the respective individual clinical picture. This is usually prescribed to the patient as a single homeopathic remedy. The use of mixed preparations or several homeopathic medicines at the same time contradicts the rules of classical homeopathy.

Process of a homeopathic treatment

The treatment is divided into preliminary consultation, primary case history and follow-up anamnesis.

- In the **preliminary consultation**, it will be clarified whether homeopathic treatment is an option for your disease and your questions on this topic will be discussed.

- The aim of the **primary case history** is to choose the most appropriate homeopathic medicine. The anamnesis interviews usually last between 30 and 60 minutes. Depending on the disease, one or more consultations may be necessary. At the end of the first anamnesis, a physical examination is carried out. If necessary, the normal general medical diagnostics are used.

In homeopathic anamnesis, there are four main areas of interest:

- Your current medical condition and the circumstances under which it developed, improved or worsened.
- Your mood, temperament and social situation.
- General symptoms such as eating, drinking and sleeping habits, heat balance, weather conditions, etc.
- The health history of you, your children, siblings and parents, your grandparents and their siblings.

The more comprehensive the picture opens up to the doctor, the easier it is to select the right drug. Questions that we ask during the anamnesis about personal feelings or your current life situation are used to select the right homeopathic medication. In order to facilitate the recording of your personal case of illness, we ask you to prepare or email the following documents:

- A brief, chronological overview of your life history from a medical and social point of view,
- Copies of the examination results available to date (if available),
- Your vaccination card or an overview of previous vaccinations and vaccination reactions. For children also the yellow examination booklet,
- Your family history up to the generation of your grandparents with regard to serious illnesses and causes of death such as cancer, tuberculosis, diabetes, skin diseases, venereal diseases, allergies, heart diseases and nervous disorders, etc.
- A photo (can be taken here in the practice).

All information is collected, processed and analyzed in strict confidence. This is done, computer-assisted, on the basis of homeopathic literature, in which experiences have been collected for 200 years and which has grown into a valuable wealth of experience.

Follow-up

Usually, after taking the selected homeopathic remedy, further appointments are made to check the success of the treatment. This involves comparing the current symptoms with those before the remedy was taken in order to assess the reaction to the remedy and react accordingly. It is helpful if you note any abnormalities or changes in your condition in the weeks after or while you are taking the medication. The aim of the treatment is to improve your quality of life without having to take further medication. Unfortunately, this cannot always be achieved. In case of previous illnesses with irreversible consequential damage, for example, the therapeutic goal is to alleviate the symptoms or to reduce the amount of indispensable accompanying medication. If problems or acute illnesses occur, appointments out of schedule can of course be arranged at any time.

Important

After taking a homeopathic medicine, reactions that indicate a healing reaction of the organism can occur for a few days or longer. This phenomenon, known as the "initial aggravation", represents a regulatory effort by the body to restore its balance. This can lead to a temporary worsening of symptoms or, in the sense of a detoxification, to skin rashes that recede after the initial reaction has subsided. Homeopathic treatment is a harmonious process, its duration cannot be predicted and depends on the vitality of the patient, his current life situation and the duration and severity of his illness. Therapeutic obstacles such as e.g. amalgam fillings, environmental pollution, etc. influence the healing process, which in the case of a chronic illness might be observed after weeks, months or even years.

What else to consider?

We will discuss with you at the beginning of the treatment which medications you will continue to take and which ones you may discontinue.

Please do not drink coffee (decaffeinated coffee is allowed), black or green tea or peppermint (also peppermint tea) for the duration of the treatment. Preparations containing camphor, chamomile or menthol should also be avoided. These are substances that can weaken the effects of homeopathic medicines.

A healthy diet is the basis of all naturopathic healing methods and plays an important role in the healing process. A wholesome diet is recommended.

Cost of homeopathic treatment

With classical homeopathy, you are choosing a medicine that responds individually to your case. The time required is considerable and can hardly be realized in a statutory health insurance organized practice. Therefore, private billing is based on the scale of fees for physicians (GOÄ). The practical hourly rate amounts to €90 per 30 minutes. Treatment and interview appointments, file study or digital communication are calculated according to this rate. In addition, there are surcharges from the GOÄ for home visits and services outside of the practice hours.

Even with optimal insurance protection, it can happen that you have to bear a part of the treatment costs yourself. The patient's obligation to pay does not result from the reimbursement of costs by an insurance company, but from the service provided by the doctor. If you have any ques-

tions about reimbursement, please contact your insurance company directly.

Literature

If you are dealing with homeopathy, nutritional science or psychosomatic medicine for the first time, we recommend that you read the following books:

- Vithoulkas, G.: *Medicine of the Future*. Wenderoth-Verlag, Kassel 2003, 21. edition. 207 pages, €9.90 (descriptive introduction to homeopathy with case studies).
- Bruker, Dr. med. M. O.: *Our food - our destiny*", emu Verlag, Lahnstein, Germany, 29th edition 1997, 460 pages, €16.80.
- Dahlke, R.: *Illness as a language of the soul*. Goldmann Verlag, 1997, 446 pages, €11.00

These books and a number of other titles are available in our waiting room and some of them can be borrowed.

Organization of the practice and how to get there

Opening hours: the practice is open Monday to Friday from 8.15 a.m. to 12.45 p.m., on Monday, Tuesday and Thursday also from 2 p.m. to 5 p.m. The practice is closed on Wednesday and Friday afternoons.

Telephone consultation hour: quick to be answered questions can be asked Monday through Friday between 9:00 a.m. and 10:00 a.m. Any further questions (e.g. "What's next?") require an appointment in the practice.

Emergency phone: the mobile phone number 0170 78 33 509 is intended exclusively for medical emergencies if no contact can be made via the practice. Since continuous availability cannot be guaranteed, please try more often in an emergency.

Elektronic media: Any communication with the practice and with Dr. Meinhold, except in medical emergencies outside of practice hours, only is only possible via the practice telephone 0911 38 32 53. Pictures, documents, etc. can be emailed to the practice from 09:00-17:00 (findings only as scan, not as a cellphone photo). Please do not send any messages, callback requests or documents via email, SMS, WhatsApp, Threema, Telegram, Signal, etc. to Dr. Meinhold. Each digital message is charged as a telephone call.

Traffic connections: see www.praxis-dr-meinhold.de

Tram: with line 4 (Thon - Gibitzenhof) or line 6 (Westfriedhof-Dokuzentrum) get off at the "Obere Turnstraße" stop and walk in the direction of the city center into Mohrengasse, which leads to Karl-Grillenberger-Straße.

Subway: with the U1 (Klinikum Fürth-Langwasser-Süd) or U11 (Eberhardshof-Langwasser-Süd) get off at the "Weißer Turm" stop. Then turn left past Wöhrl into Karl-Grillenberger-Straße.

Barrier-free access: For wheelchair users, patients with walkers or parents with prams, there is barrier-free access to the elevator on the first floor at the back of the building (address: Mühlgasse 20, 90402 Nuremberg). The practice is on the 3rd floor on the right.