



Tracking Symptoms and Contact

It is very helpful if you will keep a simple journal in which you write down changes you observe in your condition, particularly in the symptoms we have discussed, but also any old symptoms you've had in the past which return, as well as any new symptoms that you don't recall having before. It is also helpful if you record any acute conditions you get such as colds, flu, sore throats, etc. A restoration of health in the body takes a definite pathway, from the most recent symptoms back to previous ones and from the innermost vital organs of the body outwards to the least most vital ones. It is extremely helpful to following your progress if you are aware of your symptoms and can relate them to me clearly as they have occurred over the time since our last meeting.

Sometimes symptoms worsen slightly in response to a remedy before improving. If you observe this, do not lose heart, this is often a good sign that the remedy is well selected. This should not become unbearable, nor should it go on for more than several days. If you experience an increase of symptoms after taking a remedy, please let me know, and certainly if it is marked or if it continues more than several days, contact me so that we can decide on an appropriate response.

Homeopathy can be beneficial for acute ailments and it is helpful to my understanding of your case if I hear about the acute ailments you experience. If you have an acute ailment, please record the type of symptoms and sensations you have. If the acute is impacting your ability to function normally or does not resolve promptly, please contact me.

I make every effort to be very available to you for your questions and concerns as we cooperate to improve your health and well-being. I may be contacted by phone at (401)-573-3757. I often reply within hours, and do my utmost to respond within 24 hours to every call. I generally leave a recorded message if I will be unreachable at this number for more than 24 hours, and if I will be gone more than 3 or so days, I generally have a colleague's contact information there for you to contact in my absence. If you are experiencing a medical emergency, dial 911. If you have symptoms which you feel need to be attended to immediately and you are not able to reach me, seek appropriate medical attention.

I may be reached by e:mail at vandukukkar143@yahoo.com

I am happy to answer your questions and respond to your concerns. If your situation requires a follow up or acute consultation, it should be clear to me and I will inform you and we can schedule an appointment in person or by phone depending on the situation. I do not charge for brief phone consultations with established clients.