

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
49 Pinner Street, Upper Mount
Gravatt Brisbane, QLD – 4122,
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Treatment Plan

Patient details

Name: Aswathy Nair (Ash)	
Email: Achushaji59@gmail.com	Telephone: 0403185149
Address: 2 Regents Place, Burn side, Nambour, 4560. QLD, Australia.	

Product Name	Dosage Instruction
Gymnema Sylvestre 200 C	1 Full dropper under a tongue before bedtime for 2 months
Gluco support	1 Capsule twice a day with meals for 2 months. Do not take with empty stomach.

Follow Up	Please book a follow up telehealth appointment after 4 weeks. Please count 4 weeks from the day you start to take medicine.
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Blood Sugar Control Plan:

- **Please send your daily food intake record for a week. After receiving this, nutritional assessment will be performed to see the imbalance of carbs, sugars, proteins and fats.**
- **Do 30 minutes of physical exercise daily.**
- **Avoid processed foods, soft drinks or any high carbs and high sugary foods and drinks.**
- **Please keep a record of your FBS before you start your treatment and after starting as well. Once you start to take homeopathic meds and Gluco support, keep a record of your FBC daily and please send me weekly.**
- **After 3 months , your OGTT will be repeat.**

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 place 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.

***If you have any queries, please email vitalhomeocare@outlook.com. Your queries will be answered in 24-48 hours. Please do not stop any conventional medication without consulting your treating General Practitioner.**