

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
49 Pinner Street, Upper Mount
Gravatt Brisbane, QLD – 4122,
Australia Contact No- 0431895785
Email: vitalhomeocare@outlook.com



Treatment Plan

Date: 23/05/2025

Patient details

Name: Adithya Krishna Anoop
Email: divyadivyamohan2007@gmail.com Telephone: 0470 218 186
Address: 11 Samwell Place, Nambour 4560 Queensland.

Product Name	Dosage Instruction
Sulphur 30C	10 drops under the tongue once a week and continue until finish
Cina 30 C	10 drops or 5 pills under the tongue once a month
Eczema Blend	10 drops under the tongue twice a day
Cough Remedy	3 Pills under the tongue three times a day for a week only.

Follow Up	Book an follow-up appointment after 4 weeks
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Remedy plan:

- Please finish Ant crud + Ars Alb then start this new remedy
- Continue Sulphur 30 C as directed until finish.
- Please email when one week of Probiotics is left and Continue Zinc supplement
- Encourage Aadithya to drink a minimum of 8-10 glasses of water.
- Add oranges, carrots and beetroot as a raw or juice

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 places 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 24-48 hours. Please do not stop any conventional medication without consulting your treating General Practitioner.

Homeopathic Practitioner:
Riddhi Rathore (B.H.M.S, Under grad cert in Nutrition)