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## **What to expect from a Homeopathic consultation**

A session begins by taking the patient's history in his/her own words. You'll be asked specific questions about what makes the symptoms better or worse, for example do symptoms vary with time of day or season, with rest or activity, etc. Also noted is the patient's eye contact, body posture, breathing patterns, voice quality and expressions. A homeopathic doctor does not perform a physical examination, as does an allopathic doctor. Rather, he/she will talk with you and ask questions that will create what is known as a "symptom picture."

Questions a homeopath may ask include:

- Family, social, occupational, and past medical/surgical history including the results of any recently performed tests. A history of the use of medications, including herbal and over-the-counter medications and other therapeutic modalities.
- Generalities and characteristics of the patient as a whole, including food likes and dislikes, favorite weather, preferred time of day, skin and hair characteristics, sleep pattern, degree of perspiration, appetite for food, drink or sex, favorite activities or hobbies.
- Feelings of being critical, unassertive, timid, angry, sensitive, etc. These questions are often the most difficult yet the most revealing. The homeopath does not put a value judgment on the patient's self – description. The descriptions give an understanding of the patient's personal style within the context of the patient's world as defined by the patient.
- Questions about the patient's personality, how he/she behaves at work, and what kind of parent, child or spouse the patient is: how the patient copes with stress, fears, or worries: the patient's mental functioning e.g., memory, learning ability, retention, etc.
- Questions about peculiar or rare symptoms to individualize the patient-for example nausea with hunger.

After analyzing the information and arriving at several potential remedies, the homeopath determines if the patient's problem is acute, chronic, an inherited illness, or an illness due to suppressive effects of a previous treatment. The homeopath then blends his/her natural science training in anatomy, pathology, biochemistry, etc. with his/her observation of the patient and understanding of the patient's self-description.