Dear,

Thank you for your interest in Ridout Health and Homeopathy PMA.

RH&H is a private membership association and to work together, you must be a member. You join by signing the membership and waiver forms that you will receive after you decide to work together.

(Below you will find a Q&A. If your questions were not answered there, please feel free to email or request a short phone conversation.)

Once I receive those forms, I send you date and time availability for our first session together.

The easiest way to pay for my service is through PayPal. After each session, you will receive a PayPal invoice from me. If you cannot access PayPal, you can mail me a check.

I am a classical certified homeopath. This ensures you that I studied under the best education and I master my craft.

When working together, you can expect me to be very present. You can expect to be heard. It is my mission to understand your suffering so that I can help you appropriately. I will reach out to you as needed after our session and during my case analysis to ensure I have all the information I need to understand your case. You will have email access to me Monday through Friday. If you were to experience an emergency, call your emergency responders. I am not an emergency practitioner. I do not require my clients to get off their prescriptions. Homeopathy works well with western medicine. Only your medical doctor can help you wean off your prescriptions.

In turn, I would ask you to follow my advice as closely as you can and inform me before you plan on starting any new therapies. Some healing modalities can interfere with homeopathy. Because nutritional deficiencies are the cause of many diseases, I always recommend my clients start nutraceutical protocols that I work with. I do have preferred companies that I can vouch for and when possible, I ask that you use them. I have been using the products of these companies for over 10 years. I have seen better results in health when people are nutrified.

Looking forward to working together

Amanda Ridout

RH&H PMA

# **Q&A**

**What is homeopathy?**

It is one particular modality in complementary medicine. It’s not herbal medicine, nutrition, flower essence, vitamin therapy, supplements, diet, essential oils, chiropractic, or acupuncture.

It has its methods, philosophy, medicines, manufacturers, training programs, books, consumer and professional organizations, and certification standards. The only thing it has in common with all the modalities often grouped is that it is not controversial medicine.

**What is classical homeopathy?**

It applies the Law of Similars

Uses potentized medicines

Uses just one medicine at a time

**Why Homeopathy?**

It’s safe

Cost-effective

No side effects

No drug interactions

No overdoses

Natural sources

No animal testing

FDA regulated

Over-the-counter

A perfectly safe alternative to pharmaceutical medications

**What kind of clients do I see?**

I see women with woman’s issues.

I address chronic conditions as well as acute conditions.

**What is a chronic issue?**

A health complaint that you’ve had for a while and will not go away on its own.

It could be…

Physical issues like hormones, migraines, endocrine, skin, GI, musculoskeletal, allergies

Or

Mental/emotional issues like depression, mood swings, sleep disorders, SAD, ADHD/ADD, autism

Or

Chronic fatigue and sleep issues that cause mental/emotional and physical issues.

**What is an acute issue?**

A health complaint that has a beginning and will have an ending. In other words, a self-limiting disease.

This could be a cold, flu, viral, bacterial, or fungal infection, trauma, surgery, pregnancy, and such.

**Do I work only with women?**

No, but I start with women. They get such great results that then they want me to work with their spouse and kids, and I do.

**What is adjunct therapy?**

Any number of additional interventions utilized at the same time as the main [intervention](https://psychologydictionary.org/intervention/) to supercharge [treatment](https://psychologydictionary.org/treatment/) [efficacy](https://psychologydictionary.org/efficacy/) like supplements, herbals, and flower essences.

**What does a consult look like?**

Most times the initial meeting is split into 2 sessions. This is roughly a one-hour session. I listen closely to what you have to say. I take your health history, a review of body systems, and how you experience your suffering and discomfort. Then we go over things you will need to pay attention to for the next week or two.

In the second session, we dig deeper and review your symptoms. This session is roughly a one-hour session. You will have had some time to think about your symptoms. This will give us a clearer picture of how you experience your unique symptoms. Then I do the case analysis and remedy research. Once I have your plan of action, I send you instructions to follow until your follow-up.

An acute consult is different. It’s usually around one hour long. We go through your symptoms and you go away with a plan of action.

**What is a follow-up (FU)?**

FU’s are very important. This is where I determine if your remedy is doing its job or if it’s time to change the remedy. At first, FU’s are every 3 to 4 weeks. Once I see you’re on the right path FU’s may move to every 6 to 12 weeks until treatment is done. After that, you can reach out to me when you need assistance. Acute follow-ups may occur up to every hour, once a day, or every two days if needed until the issue is resolved.

**What if the remedy doesn’t work?**

Achieving health can be tricky, especially after years of suppressing health issues with aggressive or incorrect healing modalities. In my professional experience, each remedy given addresses some layer of the issue. Most of the time my clients will see most or all of their symptoms start to correct and well-being is not far off. Other times it takes time and multiple remedies to start to see the long-lasting benefits of homeopathy. Once my clients get used to paying attention to their symptoms it is easier to see the whole picture and not just little pieces of it. When this happens, finding the best remedy for the symptom picture becomes easier and well-being is not far off.