

## INFORMATION SHEETS

AVAILABLE FROM THE OFFICE

### PRACTICE INFORMATION

- Practice Information Leaflet
- What to do if you have a Complaint

### HOMEOPATHY

- Instructions & Information Concerning Your Homeopathic Treatment
- Arnica and other Injury Remedies
- Remedies for Childbirth
- Remedies for Influenza (new 2010)
- Homeopathy (new 2012)
- How to Describe your Symptoms Accurately for a Homeopath
- Instructions for "Plussing" Liquid Remedies & the Use of LM Potencies
- Isopathic Detoxification and Desensitisation Program (new Dec 2014)

### DIET, NUTRITION & FOOD INTOLERANCE

- Alkaline Diet (new 2011)
- Anti-inflammatory Foods (new Jan 2015)
- Carbohydrate Content of Common Plant Foods
- Corn Free Diet
- FODMAP Diet Charts 1 & 2
- Food Allergy
- Food Families
- Full Elimination Diet
- General Dietary Advice
- Glycaemic Index
- Grain / Gluten Free Diet
- Low Nickel Diet
- Low Thiol Diet (new 2012)
- Low Tyramine Diet
- Low Phenylisothiocyanate Diet
- Low Purine Diet
- Low Oxalate Diet
- Milk Product Free Diet
- Soda Bread Recipes

- Specific Carbohydrate Diet (new 2012)
- Stone Age Diet
- Salicylate Intolerance (major update Aug 2014)
- Salicylate Dietary Chart (new Nov 2014)
- Sugars and Health (major update March 2015)
- Vegetable Juicing

### Nutrients:

- Vitamin Content of Common Foods
- Mineral Content of Common Foods
- Vitamin A
- Vitamin B3
- Vitamin B12
- Vitamin C (new 2010)
- Vitamin D
- Vitamin D & Magnesium (new 2010)
- Vitamin E - Product Comparison (new 2013)
- Vitamin K (new 2011)
- Boron
- Calcium
- Copper
- Iodine
- Iron
- Lithium
- Magnesium
- Manganese (incomplete)
- Molybdenum (new 2013 incomplete)
- Potassium (new 2012)
- Selenium
- Silicon
- Strontium
- Zinc

### MISCELLANEOUS

- A Simple Relaxation Exercise
- Consultations - How to get the most out of them (new Sept 2015)

- Cookware (new 2011)
- Exercise for Health
- Natural Skin Care Products
- Psychological & Personal Growth Resources
- Relaxation Essentials

### ENVIRONMENTAL & GENERAL MEDICINE

- Antibacterials - Natural (new July 2010)
- Antibacterials - Paromomycin (new 2010)
- Antibacterials - Rifaximin (new 2010)
- Antibacterials - SIBO & Parasites (new 2010)
- Antibacterials - Tetracyclines & Metronidazole (new 2010)
- Antifungals - Amphotericin
- Antifungals - Lufenuron (new July 2015)
- Antifungals - Natural
- Antifungals - Nystatin
- Antifungals - Systemic
- Antivirals - Natural (new Oct 2015)
- Antioxidants (new 2011)
- Arteriograph (new 2010)
- Autism Investigations (new 2010)
- Carcinogens (new 2013)
- Chemical Cleanup (new 2011)
- Chemical Exposures (new March 2014)
- Cilantro (Coriander) for Mercury Detoxification
- Citrus Seed Extract and Topical Natural Antibiotics
- D-Lactic Acidosis - Reference List (new 2010)
- Detoxification Pathways
- Detoxification Pathways Table (new Feb 2015)
- Detoxification Program
- DMSA & Alpha Lipoic Acid Chelation (new 2011)
- DNA Adducts

- Ecological Medicine
- Electromagnetic Fields & Health
- Excitotoxins (new 2013 incomplete)
- Fungal Dysbiosis - Reference List (new 2010)
- Fungi and Moulds (new 2012)
- Geopathic Stress - Is where You Live, Sleep or Work Making You Ill?
- Histamine (new 2013)
- Gut Fermentation Profile - Patient Instructions (new 2010)
- Investigations / Laboratory Tests (new 2014)
- Leaky Gut Syndrome References (new Nov 2014)
- Methylation Cycle Investigations (new 2013, updated 2014)
- Methylation - Hyper Support (new 2010)
- Methylation - Hypo Support (new 2011)
- Mitochondrial Investigations
- Mitochondrial Support Program
- Neem (*Azadirachta indica*) (new 2010)
- Neurotransmitters (new 2013 incomplete)
- Neutralisation Testing & Desensitisation (new 2010)
- Nutritional Supplement Companies (new June 2015)
- Nutritional Investigations (new 2013)
- Nutritional Supplements - Recommendations for Adults
- Nutritional Supplements - Part 2 (New 2011)
- Nutritional Supplements - Children
- Pancreatic & Digestive Enzymes
- Paraoxonase (new Nov 2015)
- Probiotics
- Probiotics - Reference List (new 2010)
- SIBO - Reference List (new 2010)
- Silicon - Reference List (new 2011)
- Short-Chain Polypeptides Test
- Sulphation Pathway Support (new 2010)
- Systemic Enzyme Therapy (new 2013)
- Toxicological Investigations (new 2012)

#### Toxins:

- Aluminium
- Antimony (new 2011)
- Arsenic
- Azo Dyes (new 2013)
- Beryllium
- Bismuth (new 2011)
- Bromine and it's Compounds (new 2012)
- Cadmium
- Cetrimide, CTAB (new 2012)
- Chromium VI (new 2011)
- Copper Toxicity (new July 2014)
- Fluorides and Organofluoride Compounds (new 2012)
- Formaldehyde
- Glycidol (new 2013)
- Lead
- Mercury Toxicity (new 2011)
- Mercury in Fish (new Jan 2014)
- Mercury Toxicity & Sensitivity from Dental Amalgam - a List of References
- Dental Amalgam Removal - Recommendations for the Patient
- Dental Amalgam Removal - Recommendations for the Dentist
- Nickel
- Organochlorine Compounds (new 2012)
- Para-dichlorobenzene (new 2012)
- Pentachlorophenol (new 2013)
- Perborates (new 2013)
- Perfluorinated Compounds (PFCs) (new 2012)
- Phthalates (new Sept 2014, incomplete)
- Silicones (new 2012)
- Tin (new 2011)
- Titanium (new 2010)
- Triclosan (new 2013)
- Tricarballylic acid, Fumonisin and Fusarium (new July 2014)
- Uranium (new Jan 2016)
- Urinary Hydrogen Sulphide Test
- Urinary Iodine Test (new 2010)
- Volatile Organic Compounds (VOCs)
- Volatile Organic Compounds - Common Sources (new 2011)
- Waste Incinerators and Health
- Xenoestrogens (new Oct 2015)

#### PREVENTION OF INFECTIOUS DISEASES

- Infections - General
- Influenza & Respiratory Tract Infections
- Lyme Disease (new 2012)
- Malaria Prevention
- Infectious Diseases While Traveling Abroad
- Tetanus & Wound Management
- Whooping Cough Prevention
- Childhood Infectious Diseases

#### NATURAL MANAGEMENT OF SPECIFIC CONDITIONS

- 5-Alpha Reductase / Inhibitors (new Nov 2014)
- Actinic (Solar) Keratosis
- Adrenal Insufficiency (new 2013 incomplete)
- Autistic Spectrum Disorder (new 2013 incomplete)
- Bacterial Dysbiosis (Intestinal Bacterial Overgrowth, SIBO)
- Benzoate Sensitivity & Toxicity (new 2010)
- Brain Nutrients (new 2011)
- Cancer
- Carcinogens (new 2013 incomplete)
- Cardiovascular disease
- Cataracts (new 2013)
- Constipation
- Dry Skin Conditions (Eczema / Dermatitis, Psoriasis, etc.)
- Fibroids (New Oct 2015)
- Fungal Dysbiosis (Intestinal Yeast Overgrowth)
- Fungal Spore Sensitivity
- Gall Bladder Flush (new 2012)
- Gastrointestinal Diseases
- Gut Inflammation - upper (new 2012)
- Hay Fever (new 2011)
- Headlice
- Histamine Intolerance (new 2013)
- House Dust Mite Allergy
- Homocystinaemia (new 2011)
- Hyperlipidaemia
- Hyperventilation (new 2011)
- Hypochlorhydria
- Hypothyroidism
- Inflammation (new July 2015)
- Insomnia

- Keratosis
- Latex Allergy
- Leaky Gut Syndrome (Increased Small Intestinal Permeability)
- Liposomal Glutathione Recipe (new Oct 2014)
- Lyme Disease Prevention (new 2012)
- Malabsorption Syndrome
- Malondialdehyde
- Menopause
- Migraine
- Multiple Chemical Sensitivity
- Neuropathy (new March 2014)
- Oral Allergy Syndrome (New July 2015)
- Osteoarthritis
- Osteoporosis
- Pancreatic Exocrine Insufficiency
- Parkinson's Disease
- Parasites - Blastocystis Hominis (new 2010)
- Parasites - Dientamoeba Fragilis (new 2010)
- Posterior Vitreous Detachment (new Jan 2014)
- Pregnancy
- Prostate Problems
- Secretory IgA Deficiency
- Shingles (Herpes Zoster) (new 2010)
- Sulphite Sensitivity

- Sulphur Intolerance (new 2013)
- Urinary Tract Infections (new 2011)
- Varicose Veins

#### **INSTRUCTIONS**

- Collecting Hair for Hair Element Analysis
- Collecting Stools for Laboratory Testing
- Early Morning (Basal) Temperature
- Epsom Salt Baths
- Gall Bladder Flush
- Problem and Treatment Chart Instructions
- Self Injections
- Urinary Mercury Provocation Test
- Urinary Nickel Provocation Test
- Using the Problem Chart (see below)

#### **QUESTIONNAIRES**

- New Patient Questionnaire
- Daily Food Diary
- Ecological Questionnaire
- Symptom Questionnaire
- Chronic Fatigue Ability Scale
- Self-Awareness / Needs Questionnaire

- IBSE Scale (for children with Autistic Spectrum Disorder or other Behavioural Problems)

#### **CHARTS FOR RECORDING INFORMATION**

- Problem Chart - for listing all your problems with columns for recording changes from one consultation to the next
- Treatment Chart - for listing all the medications you are taking and recording changes in dosages, etc.
- Menstrual Chart - for recording period features, eg. heaviness, duration, regularity, premenstrual symptoms, etc.
- Monthly Chart - for recording symptoms and their severity on a daily basis, eg. migraine headaches.