

# Sadhna Thakkar

BHMS (India), CCH  
Classical Homeopath  
Tel (805) 496-0940  
[www.homeopathyhealthcare.com](http://www.homeopathyhealthcare.com)

# Homeopathy Health Care

166 N. Moorpark Road, Suite 206  
Thousand Oaks, CA 91360  
1227 Lincoln Blvd., Suite 201  
Santa Monica, CA 90401

## Homeopathic Intake form

Full Legal Name:	Age:	Date:	
Date of Birth:	Male/Female:	Social Security #:	
Occupation:	How long?		
Marital Status:	Spouse's Name:	#children:	
Home Address:			
Home Phone #:	Work Phone #:	Cell Phone#	e-mail:
Where would you like to receive messages?			
How did you hear about us?			
Parent's name and address if you are a minor, dependent, or a student:			phone #
Name & address of primary care physician			Phone #
Conventional Medical Diagnosis:			
Any other medical / physical limiting conditions:			
List current pharmaceutical medications:			
List any medications you have used in the past and why:			
List current supplements (herbs, vitamins, supplements):			
List any allergies or sensitivities to medications or any other substances:			
List the areas of health that you would like to discuss:			

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### General Consent Form

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***Print Your Name***

***Date of Birth***

Homeopathic Health Care, Inc., under the direction of Sadhna Thakkar provides homeopathic care. Mrs. Sadhna Thakkar has been in practice since 1987. She is certified with the Council for Homeopathic Certification (CCH) and is also an honorary member of California Homeopathic Medical Society. Sadhna's many years of homeopathic training and experience includes graduating from a reputed and accredited University of Mumbai, India as a homeopathic medical doctor. It also includes working in a homeopathic hospital as a resident homeopath, apprenticeship with an experienced homeopath, a private practice in Bombay, India as well as a busy family practice in the USA since 1991.

Homeopathy is a natural health care discipline that views health and illness in a holistic manner. The integrated approach of homeopathy sharply differs from the limited focus on symptoms prevalent in conventional medicine. In working with the whole person, the homeopath regards the mental and emotional as well as physical aspects as important. It is also important to know about the stresses and strains in the person's life. A homeopath takes into account all these aspects and finds a homeopathic remedy appropriate for the individual in order to stimulate the healing mechanism. Such stimulus has known to bring about higher level of health and well-being. The body is able to get rid of the discomforts and troubling symptoms gradually. Thus a homeopathic treatment is focused to facilitate the healing and enhances the overall wellness by stimulating the inherent healing capabilities; it is not focused on removing or treating any illness or disease.

The fundamental principle of homeopathy is like cures like which means that any substance capable of producing symptoms in a healthy individual is capable of removing the similar set of symptoms during sickness when given in the most diluted homeopathically prepared doses. Such a phenomenon is due to the fact that every living being has self-healing and self-preservation properties and since symptoms in the sickness are produced by the body, they will also be removed by the body provided this self-healing property is stimulated and enhanced. Each individual reacts in an individual manner to homeopathic treatment. A minor aggravation of some symptoms as well as retraction of old symptoms is common as a part of the general healing process.

Since the goal of homeopathic treatment provided by Sadhna Thakkar is towards raising the level of health and well-being of the individual, a homeopath does not perform any form of medical examination, diagnosis, or operative procedures. Thus Sadhna highly recommends that you retain the services of a primary care physician for appropriate evaluations and check ups for yourself or your child. Sadhna is merely a practitioner of homeopathy. She is not a licensed physician, nor are homeopathic services licensed by the state in California.

In September of 2002, the California legislature passed Senate Bill 577, which requires all non-licensed health

care practitioners in the state of California to disclose information to their clients about their practice. This bill, which took effect January 1, 2003, is really a consumer protection bill - designed to ensure that consumers of non-licensed health care practices have sufficient information about the practitioner they're working with, before entering into a working agreement. (For more information on the bill, see [www.californiahealthfreedom.com](http://www.californiahealthfreedom.com). Homeopathy is alternative or complementary to healing arts that are licensed by the State of California. Under the Sections 2053.5 and 2053.6 of California's Businesses and Professions Code, the homeopathic services provided by Sadhna will be subject to requirements and restrictions of Senate Bill 577.

### ***Acknowledgement and Consent to Receive Homeopathic Services***

I understand that all information disclosed to Sadhna Thakkar is confidential and may not be revealed to anyone without written permission, except where disclosure is required by law. Disclosure may be required in the following circumstances: a reasonable suspicion of child or elder abuse; a reasonable suspicion that a client presents a danger to him or herself or to others.

I have voluntarily chosen homeopathic treatment for myself/for my child. I understand that Sadhna is a homeopath and not a licensed physician and that homeopathy is not licensed by the State of California. Since she provides consultations for homeopathic treatments only and does not perform any form of medical examination, diagnosis, or operative procedures, Sadhna highly recommends that I retain the services of a primary care physician for appropriate evaluations and check ups for myself/for my child. I understand that Sadhna will work on increasing my/my child's general vitality and constitutional strength with homeopathy. My signature below further acknowledges that I have received a copy of this two (2) page General Consent Form in alliance with the statutory requirement. .

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Signature

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Date

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Following information will acquaint you with our office policies and fee schedules. Please read it carefully and sign below indicating that you understand the guidelines.

## Fee Schedule:

- Initial Assessment Consultation: (approx 2 hours): **\$400.00 per patient**
- Follow-up Assessment Consultation: (approx 0.5 hour): **\$95.00 (4-6 weeks apart, in person or on phone) per patient**

## Additional Charges:

Occasionally more time is needed for the evaluations. In such instances, the charge will be \$45 per 15 minute increments.

Long-distance phone charges are the responsibility of patients.

Quick inquiry – no charge

Inquiry requiring an evaluation and response, including acute illness: \$45.00

Consult over 10 minutes - \$95.00 (considered a regular follow-up)

Several short phone calls in a short duration: \$95.00

Reassessment after one year of lapse in the treatment: \$300.00

After lapse of 3 years in treatment, patient will be treated as a new case.

With large number of phone calls received by our office, we try our best to return phone calls within twenty-four hours. Please call us back if you don't hear from us. All phone calls are returned during our office hours (Tuesday-Thursday between 8-3.30pm) except the urgent calls. We encourage you to use the cell phone number only in urgent health related situations. Please make sure to leave a brief message and your phone number. Only 'urgent' calls will be responded during weekend and holidays.

**E-mail updates:** Although e-mails have become popular tools for communication, e-mails are checked and responded infrequently in our office. We do not recommend relying on e-mails for health and treatment related issues except for simple, short inquiries. You are welcome to e-mail investigation reports and updates on your health and treatment for our records as long as you leave a voicemail message notifying us that you have sent an email update. ***E-mails miss the personal contact and an opportunity to extract accurate information pertinent for choosing the correct homeopathic remedy. Hence we don't encourage on-going communication regarding your treatment via e-mails (unless pre-arranged with Sadhna for international patients).***

## Payments:

Payments can be made with cash, check or credit card (Master/Visa only). A receipt will be provided upon request. Insurance is not accepted as a form of payment for homeopathic consultations.

**Advance payment is required to secure the initial consultation and can be paid by cash, check or credit card. All other payments are due at the time of the consultations. Telephone consultations will be charged to your Visa/Master card. We require your current credit card in our records at all times.**

## Cancellation Policy:

Your appointment is time set aside for you and your homeopath. Please understand we allow a significant amount of time for each visit and a missed appointment is lost time, which could have gone to a patient on the waiting list. Without an appropriate cancellation notice, you will be charged. Our office will endeavor to contact you 48 hours in advance to remind you and confirm your appointment, however, it is the patient's responsibility to remember and keep the appointment. **We require at least 48 hours notice for cancellation of the Initial Assessment appointments and 24 hours for follow-up appointments to avoid charges. Appointments scheduled on Mondays must be cancelled on Thursday prior, no later than 2pm. Failure to do so will be subject to full charge.**

Current credit card number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name on the card: \_\_\_\_\_

I have read, understand and agree to the fee policy and to the cancellation policy.

\_\_\_\_\_  
Signature of the person responsible for the fees

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print the name of the person responsible for the fees

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## General Guidelines and Information for Homeopathic Treatment

Please go through the guidelines thoroughly, almost all your questions will be answered by this form. These are merely *guidelines not the rules*.

1. Homeopathy stimulates and initiates the process of healing. Homeopathic treatment, when applied in a classical manner, raises your level of health on all levels - mental, emotional and physical. To achieve the maximum benefit from the treatment, it is extremely important to follow the treatment under the guidance of a trained professional homeopath.
2. A homeopathic remedy is not a magic pill that one dose establishes health overnight. Change in the dosage, frequency and the remedies may be needed. Appropriate and timely homeopathic intervention results in steady and swift recovery. Hence, regular follow-up evaluations are extremely important for the success of homeopathic treatment in the healing process.
3. Being an individualized treatment, every individual responds to it in an individual way. As the level of health increases, symptoms disappear. Often such positive changes are ignored as they are not troublesome anymore. Also, dynamic changes are often subtle and difficult to elicit for the patients themselves, requiring objective evaluations and appropriate changes in the homeopathic treatment. For this reason, **Follow-ups are extremely important part of the homeopathic treatment.**
4. In case of accidents or trauma leading to massive bleeding or fractures, the patient must go to the nearest emergency center. Standard emergency procedures or treatments are completely compatible with homeopathic treatment and must be utilized. However, we may need to make changes in homeopathic treatment following these occurrences. Please make sure to keep us informed.
5. For acute illnesses, our office should be contacted as soon as possible. Homeopathic treatment is known to continue to be effective in boosting immunity against acute illnesses. We will endeavor to find the appropriate homeopathic remedy for you during the acute illness. If you fail to respond to any homeopathic remedy in a short time for acute case, or if the symptoms worsen gradually or new symptoms develop, contact us immediately and we will direct you to take further course of action. You may seek the advice of another health professional but keep us informed of all other treatments taken.
6. Patients beginning homeopathic treatment must continue their prescription medicines. Contrary to the popular belief, homeopathic treatment remains effective with conventional medicine until the level of health is raised enough, where if possible, a gradual withdrawing from the conventional medicine is possible. Your primary care physician must be contacted for monitoring or changing the medicines prescribed by him. Diseases like diabetes or high blood pressure require close monitoring and continual prescription medicines for a longer period of time even on homeopathic treatment. Occasional use of aspirins, Tylenol or analgesics does not antidote the homeopathic treatment.
7. All other treatments except mentioned above should be avoided during homeopathic treatment, including other homeopathic preparations, as it can create confusion in assessment of the efficacy of the prescribed homeopathic remedy. This confusion due to combining several healing systems may prove to be obstacle in healing. Discuss with our office whenever in doubt.
8. A minor aggravation of the symptoms followed by a long amelioration of all the complaints is a common phenomenon after an appropriate homeopathic remedy. Should the intensity of such a condition become severe, notify our office immediately.
9. Reappearance of past skin eruptions during the course of homeopathic treatment is a positive sign, as the cure takes place from within outwards. These eruptions also clear up during further course of treatment leaving patient healthier. External applications such as medicated creams and ointments for skin conditions could suppress the healing process and should be avoided. Non-medicated oils or cold creams for dry skin in moderation should be preferred over medicated creams.
10. Homeopathic remedies retain their therapeutic effectiveness indefinitely when stored in glass bottle, in dry cool place, out of direct sunlight and strong odors. These remedies are non-toxic and free of any side-effects.
11. Some homeopaths believe that coffee, menthol and camphor products antidote homeopathic remedies. We have not observed this fact consistently with all our patients. We recommend moderation in all food and drinks. Check with our office whenever in doubt.
12. We have observed that most patients relapse in their health after any dental appointments. Arnica Montana should be used as a first measure after any dental work as it softens effects of subconscious trauma and facilitates swift recovery. We recommend you to inform our office of any such procedures during your follow-up assessments.
13. Homeopathic Remedy should be taken after thoroughly rinsing and cleaning mouth. Allow the remedy to dissolve on the tongue. Avoid any food or drink fifteen minutes before and after taking the homeopathic remedy. Avoid touching the remedy by hand.