



EXPERIENCE HEALING HOMEOPATHY
body mind heart spirit

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IMPORTANT INFORMATION REGARDING YOUR HEALING

Homeopathy works by stimulating a person's healing forces to strengthen the immune system and restore health. Individualized, classical homeopathic treatment addresses your unique concerns and is capable of improving health and well-being on many levels. As your homeopath, I am committed to helping you reach your fullest potential for health in body, mind, emotion and spirit.

The process of healing varies with each person and situation. You may have noticed your health issue recently, but the underlying dissonance may have begun long ago and may take time to heal. As your homeopath, I respect and support your natural healing process and am committed to helping you reach your highest level of well-being.

PLEASE CONTACT ME FOR A 20 MINUTE COMPLEMENTARY TALK ABOUT HOLISTIC HEALING

You have a choice in how you want to approach your healing. If you would like the "a la carte" approach, you can choose to have an initial consultation, and then follow-up appointments every 4-6 weeks. Or if you would like to opt for the 6-month Wellness Package, you will save \$100-\$200, and will benefit from having continuous care for 6 months, that can be renewed, as well as phone-in hours for brief 5-minute questions. This is all up to you and how you want to budget yourself.

INTERIM SUPPORT INCLUDED IN BOTH HEALING APPROACHES

- no charge for brief phone calls of 5 minutes.
- acute appointment (15 minutes), can be scheduled
- The office is closed after 6 pm on weeknights and on weekends
- If you have an urgent matter, you may call after hours until 9 pm.
There will always be a consult fee for these calls.

Cancellations: If it is necessary to cancel/reschedule an appointment, please notify at least 24 hours in advance. Missed appointments or late cancellations will be charged the full fee.

FOLLOW-UP APPOINTMENTS

In the first few days after taking your remedy, you may experience some symptoms. It is important that you email me at laynhoffman@gmail.com or call me on my cell phone at 845-558-4293 in the following cases:

- If you develop any disturbing symptoms
- If your present symptoms worsen
- If you need to discuss any aspect of your treatment

After your first appointment, and when you begin taking a remedy, we will set up an appointment for 4-6 weeks later to discuss how you have been feeling. Follow-up consultations are an essential time for evaluating the effect of the remedy and your progress, and for making any necessary adjustments.