



# KRAMER HOMEOPATHIC

## What to Expect from Homeopathic Treatment:

Samuel Hahnemann, homeopathy's founder, offers this prosaic guiding definition of genuine health as he stated in paragraph 9 in his magnum opus *The Organon of Medicine*. We are now embarking upon and endeavoring to accomplish the same through your individualized treatment plan:

*“In the healthy condition of man, the spiritual vital force, the dynamis that animates the material body, rules with unbounded sway, and retains all the parts of the organism in admirable, harmonious, vital operation, as regards both sensations and functions, so that our indwelling, reason-gifted mind can freely employ this living, healthy instrument for the higher purpose of our existence.”*

Classical homeopathy is a precise science developed over two hundred years ago, which has helped millions of people experience relief and cure their maladies. Homeopathy works with the same universal principles of healing found in all other proven ancient therapeutic systems. As part of your homeopathic treatment, your organism will need to purge itself of the imbalances, toxins and accumulated medical suppressions that it has been subjected to over the years. Your *vital force* or *life force* is the energetic entity which is stimulated by the homeopathic remedies. With classical homeopathy your now healthier vital force is the agent that *“innately knows”* what needs to be corrected in your organism, and consequently promotes healing from within. This is precisely what occurs when we get cured from a common cold. However, homeopathic treatment is required because during our lives the vital force doesn't have sufficient dynamic properties to bring about a cure of diseases due to its diminished energy. Therefore, homeopathic regimens in the form of remedies will be administered to provide the vital force with ample energy to complete its mandated healing purpose.

There are many aspects in which healing occurs. One direction of the cure in classical homeopathic treatment proceeds from the internal parts of our organism to the external, or *“inner”* to the *“outer”*. The physical manifestations of this expression can be observed through the appearance of various symptoms. These reactions or *“aggravations”*, as they are referred to in homeopathy, are actually positive expressions of the healing process stimulated by the correct action of the remedy. This is a *very desirable*

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*consequence of homeopathic healing* and is NOT an indication that your condition is worsening. Rather, the aggravation is a demonstrative expression on the part of your body, which is vitally involved in its own cure. Additionally, one may experience a temporary increase in fatigue. This is a direct result of the vital force redirecting daily units of energy for the purposes of the healing process.

There are numerous ways a patient might respond to homeopathic treatment. The most common reactions may occur from the inception of your homeopathic treatment into the first few weeks. Frequently aggravations mimic the form of previously unresolved symptoms and disease states that you have experienced in the past. This is your body's way of retracing the steps back toward improved health and resolving old imbalances. The reoccurrence of such prior symptoms will generally not be as severe as the initial event, nor will it last as long.

Aggravations generally manifest in one of two primary **forms**. The first is a skin eruption of any type arising on any part of the body, and may include pimples, rashes, areas of itching skin, or other such occurrences. The second possible appearances can be seen as a mucus discharge; either nasal, vaginal, or in any other area where mucus tends to accumulate and be expelled. These aggravations may appear as disorders by themselves; however, ***THEY ARE NOT!***

This is your vital force purging toxins and imbalances that are inherent or acquired within, and actually represent the healing process toward your direction of cure.

### **Remedies**

When homeopathic remedies are to be administered, they should **NOT** be touched with fingers, nor placed in extremes of heat or cold and should be kept away from direct sunlight. Always avoid eating or drinking anything except water five (5) minutes prior to and after administering a homeopathic remedy. For various remedy administrations, please check the various methodologies contained in your patient information packet. There you will find directions for *Water Administration*, *Liquid Administration of LM Potencies* and *Oral or Sublingual Administration*.

Due to the delicate nature of homeopathic remedies, there are several substances that have proven vibrant or aromatic enough to either antidote (compromise) or diminish the vitality and effectiveness of the remedy. The following substances are known to significantly antidote remedies. Patients are asked to refrain from using these substances that may be contained in certain ancillary modalities during homeopathic treatment:

- Camphor
- Coffee
- Eucalyptus
- Marijuana & Recreational Drugs
- Prior to dental work and/or x-rays, please contact the office
- Menthol
- Mint
- Pau d'arco\*
- Tea tree oil\*  
\*Commonly found in cosmetics.
- Homeopathic remedies not prescribed by your homeopath.
- **PLEASE READ ALL LABELS ON FOOD ITEMS AND COSMETICS!**

If you are currently taking any prescription medication, over-the-counter medication, vitamins or supplements, please inform the office prior to administration. We also ask that you contact the office before pursuing any other medical therapeutics, unless there is an emergency situation requiring a trip to the hospital or your primary care physician. Please refrain from using over-the-counter medications or ointments to treat aggravations when they occur without first speaking with the office. Applications of such treatments tend to suppress the vital force's ability to eradicate the disease picture.

## *Appointments*

Please be punctual for your appointments as a courtesy to yourself and others. Your initial consultation will be approximately two hours for an in-depth interview. The therapeutic nature of classical homeopathic treatment generally requires consistent scheduled one-hour follow-up appointments every 5-6 weeks commencing after the initial consultation. Please schedule your follow-up appointments in a timely fashion as they are crucial in sustaining continuity in your healing process.

**If you must cancel an appointment, please give the office at least three (3) business days notice for initial consultations and twenty-four hours notice for follow-up appointments. There will be a 50% surcharge fee for all missed appointments without proper notification or legitimate emergency.**

## *Payment*

Payment in full is due at the time of the appointment unless otherwise arranged with the office. Late payments will accrue a 10% late fee after fifteen (15) days. Payment methods accepted are cash, check payable to the order of *David Kramer*, or Paypal. For PayPal payments, please request a PayPal Invoice from our office.

## *Questions and Phone Calls*

You may have questions regarding your homeopathic treatment. Your natural curiosity indicates a desire to proactively heal in the most rapid, gentle and permanent way. Unfortunately, time constraints prevent us from answering any but the most basic questions regarding your treatment. We do, however, encourage that you read about homeopathy on our website as well on other sources. However, please do not read information regarding the remedy that you are currently taking since all sites containing that information are limited and incomplete. Phone consultations requiring more than five minutes for assessing a new situation or an in-depth analysis of your case, will be considered a consultation and billed accordingly (\$175 per hour), and an appointment must be made for such consultations.

## *Weekly Calling Hours*

Tuesdays 9:30 A.M. through 4:00 P.M.      **(607) 965 – 8118**

After several decades of clinical experience, David and Julie have that speaking directly with patients on a weekly basis enhances their treatment and facilitates their cure. As such, we have dedicated Tuesdays to this end and initiated this program of weekly calling hours. This unique program encourages patients to move from their historically passive treatment with allopathic medicine, to a fundamentally progressive and proactive participation on the part of the individual.

At the commencement of these conversations, please advise David or Julie of the current remedy, potency and frequency of administration that you are currently taking. We ask that you please take time prior to calling to prepare, so that you can share with us the nature of movement on the remedy (same better or worse) and its impact on your symptoms. Additionally inform us of any previous symptoms that may be manifesting as aggravations.

Regular office hours are from 9:30 A.M. through 5:00 P.M, but due to other commitments and patients' needs David or Julie may not be available to receive your call. As such, an answering machine will take your brief and precise messages at all other times, and calls will be returned within twenty-four hours. If you are having an emergency please call as quickly as possible and categorically state that you are in an emergency situation.

## **EMERGENCIES – CALL AS NEEDED!**

When calling the office for an emergency situation where you might otherwise go to an emergency room or to your primary care physician, please gather the following critical information in order to make it easier for us to assist you:

- At the commencement of the conversation, please advise David or Julie of the current remedy and potency you are taking;
- Write down a detailed list of all symptoms that you are currently experiencing and have this available when you call;
  - Record any circumstance that makes your symptoms either better or worse (these are called *modalities*), i.e., posture, environmental circumstances (temperature, weather, odors, etc.), food cravings or aversions compared to ordinary food consumption, the intake of liquids (hot, cold, sweet, bubbly, etc.) and mood/disposition.