

**NEW TO OTTAWA AND THE AREA!
SIMPLE SERVICES ON AN AS-NEEDED BASIS**

Heilkunst treatment involves the use of a variety of therapies and approaches. Our clinic is open to collaboration with other therapists – medical doctors, dentists, chiropractors, massage therapists, psychotherapists, and many more. We offer excellent remedies that are gentle and without side-effects and can be tailored to fit a specific situation or person as the circumstances may require.

For a list of single treatments and services, please read here.

Whenever necessary our patients are advised to have chiropractic work, massage, nutritional advice, live blood analysis or some other therapy which can facilitate faster recovery during periods of intense healing.

The advantage of combining a variety of therapies is significant and we view this as a trend of the future. The ideal would be to have a clinic offering all the various therapies plus in-patient holistic care along with good medical equipment. At present we are happy to be able to refer our patients to capable specialists.

We offer our expertise and remedies to practitioners of other treatment modalities as an opportunity to enhance their work and bring about faster and better results at times when it is considered beneficial for the patient. If you are a medical doctor or alternative practitioner interested in the possibilities of such cooperation here is some more information.

If you are a patient who wants to try our remedies for specific purposes, you can contact us directly or you can ask your physician to call us for more information.

Below are some services we offer on an as-needed basis:

Dentists/Dental work: We have excellent remedies to speed up recovery from dental work and to reduce the toxicity commonly associated with the materials used (especially mercury) and the anesthetics or pain-relief drugs. This is a one-time treatment per visit to the dentist's office. A remedy is given before any procedure and right after and up to 2-3 days later for recovery and pain relief.

Surgical procedures: The approach to surgical procedures with or without full anesthetic is similar to the one for dental work. In addition to the specific surgery remedies, the patient is also given a remedy for long-term recovery.

Medical tests and procedures involving drugs, x-rays, chemical substances and/or intrusive manipulation of the body (colonoscopy, laparoscopy, CT scans, X-rays ,etc.) We have excellent remedies to remove the effects of the physical irritation of tissues and organs and to detoxify the system from chemicals and radiation. A single treatment is all that is necessary.

Vaccinations: for those still sitting on the fence about the damage caused by vaccinations, especially to infants and small children with yet immature immune systems, we offer a possibility to lessen the undesirable effects due to the chemical components in solvents, preservatives, as well as for the fear and shock of the needle – especially in cases when multiple shots are used.

Remedies can be given before and after each shot to avoid the potential traumatic effect of the event and the toxins involved.

Immunity is not only retained, but enhanced – we use the same homeopathic remedies to create natural immunity to disease for those patients who prefer to not take the risk of a chemical vaccination. For more information on replacing regular vaccines with homeopathic immunization, please call us.

Emotional support: for people in therapy due to past trauma or present day stress and problems, we offer excellent remedies to help stabilize the general emotional state, reduce stress and anxiety, deal with panic attacks or anger outburst, as well as with a variety of depressive states. We can work along with your therapist or on an as-needed basis depending on what you would like to achieve. For this type of support, a series of treatments may be in order as emotional and core belief blockages are not simple and may require a more orchestrated and gradual resolution .Or, as is in many cases, ongoing periodic support.

Constitutional support – the most basic and simple method of strengthening the basic mental, emotional and physical state of a person who is generally well, but perhaps a bit run down or in need of temporary boost to energy or mood after a period of strain or as a seasonal boost to the whole system. A remedy is chosen which is very individual and reflects the basic make-up of the person in order to re-balance any small deviations from the usual state of health.

Detox and organ support – for those who decide to go on a detox or who feel they need some liver or kidney support, for example, we offer the possibility to use homeopathic remedies to help wither with the gentle detoxifying of the system or for organ support to the liver, kidneys, lungs or any system in the organism that is weak or toxic. This may involve more than one appointment and probably also live blood analysis – should the patient require more thorough diagnosis.

Back, joint, spinal injuries - remedies are used to help with acute pain and discomfort while healing from sprains, strains or tension muscle pain. Our remedies in conjunction with chiropractic treatment can help adjustments hold better and can speed up healing when there is a lot of inflammation or when bones need to recover and regain mass.

Acute injuries, first aid - Homeopathy is widely recognized for its brilliant and quick resolution of trauma resulting from injuries, car-accidents, concussions, cuts and stitches, burns, fractures and many other first-aid situations. Remedies can reduce pain and swelling quickly and they can significantly speed up recovery time.

Pregnancy and birth Remedies can be used during pregnancy to avoid morning sickness and other discomforts, as well as to help with pregnancy diabetes, bloating, etc. We strongly advise expectant moms who decide to have amniocentesis or ultrasounds to either avoid them if possible or to take a remedy after those procedures to protect the baby from possible effects of this intrusive procedure.

Homeopathy has long been extremely useful for the various situations during birth that need help – turning a breech baby even at the last moment, helping regulate contractions, dealing with fear and anxiety, help with pain, etc.

After birth remedies can be used to help heal faster from natural birth, episiotomy, cesarean surgery and other possible difficulties that may have arisen for mom or baby.

Collaboration with physicians

If you are a physician or healer interested in sending your patient for assistance with a specific problem, you are free to call us at 613-761-6405 and chat about it. We can offer the same service to local patients as well as to distance patients since we do both in our regular practice. We have a form that you can fill out and send to us along with your patient.

We will meet with your patient in person or we can talk to him/her on the phone if they do not live in the area. After a 30 minute consultation, we will give the appropriate remedies. In most cases no follow-up consultation is required. In some cases more than one session may be needed when remedies are given in a sequence, to adjust potency of remedies and select new ones when needed.

Fees:

Just remedies for simple procedures, no consultation: \$10.00 - Form

Consultation and remedies: \$50.00 Form

Postage extra at rates between \$7-\$11 CDN for Express Mail

Phone rates if we call you: 5 cents/min. in North America

REFERRAL PATIENT FORM

Patient information

Name: _____ Date of birth: _____

Address: _____

Phone: _____

Physician's name: _____

Phone number: _____

Reason for referral: _____
