

TIPS & HINTS FOR FILLING OUT YOUR LIFE HISTORY

When you are looking at each complaint (whether a past one or a recent one) the things that are important Homoeopathically are listed in the table below.

Please try to think of each of these aspects as the more information you can give the better the remedy selection will be

Location	Sensation	Modalities	Concomitants
Where is the complaint? How long have you had it? Does it come and go or is it constant? If it comes and goes – how many attacks/episodes have you had? How frequently does it recur? Is there a discernable cause for the complaint?	How does it actually feel? Where and how does it start? Where does it go to after it starts? What does it look like? Do you know or have any tests or pathology regarding the complaint? Are you taking any medications for it?	What makes the complaint worse or better? This can be <i>anything</i> – from the weather, motion, medications, moon phases, putting hot or cold on it, rest, emotional issues etc etc <small>Don't leave anything out here esp if it's a bit different or weird – often these things only belong to one or two remedies and helps me pick the correct remedy</small>	Anything else that is happening at the same time. Even if it seems unrelated to the complaint. Can be physical, emotional or mental.

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