INFORMATION SHEETS
AVAILABLE FROM THE OFFICE

PRACTICE INFORMATION
• Practice Information Leaflet
• What to do if you have a Complaint

HOMEOPATHY
• Instructions & Information Concerning Your Homeopathic Treatment
• Arnica and other Injury Remedies
• Remedies for Childbirth
• Remedies for Influenza (new 2010)
• Homeopathy (new 2012)
• How to Describe your Symptoms Accurately for a Homeopath
• Instructions for “Plussing” Liquid Remedies & the Use of LM Potencies
• Isopathic Detoxification and Desensitisation Program (new Dec 2014)

DIET, NUTRITION & FOOD INTOLERANCE
• Alkaline Diet (new 2011)
• Anti-inflammatory Foods (new Jan 2015)
• Carbohydrate Content of Common Plant Foods
• Corn Free Diet
• FODMAP Diet Charts 1 & 2
• Food Allergy
• Food Families
• Full Elimination Diet
• General Dietary Advice
• Glycaemic Index
• Grain / Gluten Free Diet
• Low Nickel Diet
• Low Thiol Diet (new 2012)
• Low Tyramine Diet
• Low Phenylisothiocyanate Diet
• Low Purine Diet
• Low Oxalate Diet
• Milk Product Free Diet
• Soda Bread Recipies
• Specific Carbohydrate Diet (new 2012)
• Stone Age Diet
• Salicylate Intolerance (major update Aug 2014)
• Salicylate Dietary Chart (new Nov 2014)
• Sugars and Health (major update March 2015)
• Vegetable Juicing

Nutrients:
• Vitamin Content of Common Foods
• Mineral Content of Common Foods
• Vitamin A
• Vitamin B3
• Vitamin B12
• Vitamin C (new 2010)
• Vitamin D
• Vitamin D & Magnesium (new 2010)
• Vitamin E - Product Comparison (new 2013)
• Vitamin K (new 2011)
• Boron
• Calcium
• Copper
• Iodine
• Iron
• Lithium
• Magnesium
• Manganese (incomplete)
• Molybdenum (new 2013 incomplete)
• Potassium (new 2012)
• Selenium
• Silicon
• Strontium
• Zinc

MISCELLANEOUS
• A Simple Relaxation Exercise
• Consultations - How to get the most out of them (new Sept 2015)
• Cookware (new 2011)
• Exercise for Health
• Natural Skin Care Products
• Psychological & Personal Growth Resources
• Relaxation Essentials

ENVIRONMENTAL & GENERAL MEDICINE
• Antibacterials - Natural (new July 2010)
• Antibacterials - Paromomycin (new 2010)
• Antibacterials - Rifaximin (new 2010)
• Antibacterials - SIBO & Parasites (new 2010)
• Antibacterials - Tetracyclines & Metronidazole (new 2010)
• Antifungals - Amphotericin
• Antifungals - Lufenuron (new July 2015)
• Antifungals - Natural
• Antifungals - Nystatin
• Antifungals - Systemic
• Antivirals - Natural (new Oct 2015)
• Antioxidants (new 2011)
• Arteriograph (new 2010)
• Autism Investigations (new 2010)
• Carcinogens (new 2013)
• Chemical Cleanup (new 2011)
• Chemical Exposures (new March 2014)
• Cilantro (Coriander) for Mercury Detoxification
• Citrus Seed Extract and Topical Natural Antibiotics
• D-Lactic Acidosis - Reference List (new 2010)
• Detoxification Pathways
• Detoxification Pathways Table (new Feb 2015)
• Detoxification Program
• DMSA & Alpha Lipoic Acid Chelation (new 2011)
• DNA Adducts
• Ecological Medicine
• Electromagnetic Fields & Health
• Excitotoxins (new 2013 incomplete)
• Fungal Dysbiosis - Reference List (new 2010)
• Fungi and Moulds (new 2012)
• Geopathic Stress - Is where You Live, Sleep or Work Making You Ill?
• Histamine (new 2013)
• Gut Fermentation Profile - Patient Instructions (new 2010)
• Investigations / Laboratory Tests (new 2014)
• Leaky Gut Syndrome References (new Nov 2014)
• Methylatation Cycle Investigations (new 2013, updated 2014)
• Methylatation - Hyper Support (new 2010)
• Methylatation - Hypo Support (new 2011)
• Mitochondrial Investigations
• Mitochondrial Support Program
• Neem (Azadirachta indica) (new 2010)
• Neurotransmitters (new 2013 incomplete)
• Neutralisation Testing & Desensitisation (new 2010)
• Nutritional Supplement Companies (new June 2015)
• Nutritional Investigations (new 2013)
• Nutritional Supplements - Recommendations for Adults
• Nutritional Supplements - Part 2 (New 2011)
• Nutritional Supplements - Children
• Pancreatic & Digestive Enzymes
• Paraoxonase (new Nov 2015)
• Probiotics
• Probiotics - Reference List (new 2010)
• SIBO - Reference List (new 2010)
• Silicon - Reference List (new 2011)
• Short-Chain Polypeptides Test
• Sulphation Pathway Support (new 2010)
• Systemic Enzyme Therapy (new 2013)
• Toxicological Investigations (new 2012)

Toxins:
• Aluminium
• Antimony (new 2011)
• Arsenic
• Azo Dyes (new 2013)
• Beryllium
• Bismuth (new 2011)
• Bromine and it’s Compounds (new 2012)
• Cadmium
• Cetrimide, CTAB (new 2012)
• Chromium VI (new 2011)
• Copper Toxicity (new July 2014)
• Fluorides and Organofluoride Compounds (new 2012)
• Formaldehyde
• Glycidol (new 2013)
• Lead
• Mercury Toxicity (new 2011)
• Mercury in Fish (new Jan 2014)
• Mercury Toxicity & Sensitivity from Dental Amalgam - a List of References
• Dental Amalgam Removal - Recommendations for the Patient
• Dental Amalgam Removal - Recommendations for the Dentist
• Nickel
• Organochlorine Compounds (new 2012)
• Para-dichlorobenzene (new 2012)
• Pentachlorophenol (new 2013)
• Perborates (new 2013)
• Perfluorinated Compounds (PFCs) (new 2012)
• Phthalates (new Sept 2014, incomplete)
• Silicons (new 2012)
• Tin (new 2011)
• Titanium (new 2010)
• Triclosan (new 2013)
• Tricarballylic acid, Fumonisins and Fusarium (new July 2014)
• Uranium (new Jan 2016)
• Urinary Hydrogen Sulphide Test
• Urinary Iodine Test (new 2010)
• Volatile Organic Compounds (VOCs)
• Volatile Organic Compounds - Common Sources (new 2011)
• Waste Incinerators and Health
• Xenoestrogens (new Oct 2015)

PREVENTION OF INFECTIOUS DISEASES
• Infections - General
• Influenza & Respiratory Tract Infections
• Lyme Disease (new 2012)
• Malaria Prevention
• Infectious Diseases While Traveling Abroad
• Tetanus & Wound Management
• Whooping Cough Prevention
• Childhood Infectious Diseases

NATURAL MANAGEMENT OF SPECIFIC CONDITIONS
• 5-Alpha Reductase / Inhibitors (new Nov 2014)
• Actinic (Solar) Keratosis
• Adrenal Insufficiency (new 2013 incomplete)
• Autistic Spectrum Disorder (new 2013 incomplete)
• Bacterial Dysbiosis (Intestinal Bacterial Overgrowth, SIBO)
• Benzoate Sensitivity & Toxicity (new 2010)
• Brain Nutrients (new 2011)
• Cancer
• Carcinogens (new 2013 incomplete)
• Cardiovascular disease
• Cataracts (new 2013)
• Constipation
• Dry Skin Conditions (Eczema / Dermatitis, Psoriasis, etc.)
• Fibroids (New Oct 2015)
• Fungal Dysbiosis (Intestinal Yeast Overgrowth)
• Fungal Spore Sensitivity
• Gall Bladder Flush (new 2012)
• Gastrointestinal Diseases
• Gut Inflammation - upper (new 2012)
• Hay Fever (new 2011)
• Headlice
• Histamine Intolerance (new 2013)
• House Dust Mite Allergy
• Homocystinaemia (new 2011)
• Hyperlipidaemia
• Hyperventilation (new 2011)
• Hypochlorhydria
• Hypothyroidism
• Inflammation (new July 2015)
• Insomnia

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• Keratosis
• Latex Allergy
• Leaky Gut Syndrome (Increased Small Intestinal Permeability)
• Liposomal Glutathione Recipe (new Oct 2014)
• Lyme Disease Prevention (new 2012)
• Malabsorption Syndrome
• Malondialdehyde
• Menopause
• Migraine
• Multiple Chemical Sensitivity
• Neuropathy (new March 2014)
• Oral Allergy Syndrome (New July 2015)
• Osteoarthritis
• Osteoporosis
• Pancreatic Exocrine Insufficiency
• Parkinson’s Disease
• Parasites - Blastocystis Hominis (new 2010)
• Parasites - Dientamoeba Fragilis (new 2010)
• Posterior Vitreous Detachment (new Jan 2014)
• Pregnancy
• Prostate Problems
• Secretory IgA Deficiency
• Shingles (Herpes Zoster) (new 2010)
• Sulphite Sensitivity
• Sulphur Intolerance (new 2013)
• Urinary Tract Infections (new 2011)
• Varicose Veins

**INSTRUCTIONS**

• Collecting Hair for Hair Element Analysis
• Collecting Stools for Laboratory Testing
• Early Morning (Basal) Temperature
• Epsom Salt Baths
• Gall Bladder Flush
• Problem and Treatment Chart Instructions
• Self Injections
• Urinary Mercury Provocation Test
• Urinary Nickel Provocation Test
• Using the Problem Chart (see below)

**QUESTIONNAIRES**

• New Patient Questionnaire
• Daily Food Diary
• Ecological Questionnaire
• Symptom Questionnaire
• Chronic Fatigue Ability Scale
• Self-Awareness / Needs Questionnaire

**CHARTS FOR RECORDING INFORMATION**

• Problem Chart - for listing all your problems with columns for recording changes from one consultation to the next
• Treatment Chart - for listing all the medications you are taking and recording changes in dosages, etc.
• Menstrual Chart - for recording period features, eg. heaviness, duration, regularity, premenstrual symptoms, etc.
• Monthly Chart - for recording symptoms and their severity on a daily basis, eg. migraine headaches.