Patient Information and Explanation on the Course of Homeopathic Treatment

Can Ikram, Heilpraktiker, M.A., MBA
Clinic153 – Private Practice for Classical Homeopathy
at the premises of Osteopathie & Naturmedizin Schwabing

Initial Case History and Case Analysis

Treatment begins with a detailed initial case history. I record your complaints, medical history and other information relevant to the homeopathic case analysis. The consultation usually lasts two to three hours.

This is followed by an individual case analysis, including repertorization, study of the Materia Medica and selection of the remedy. This usually takes another one to one and a half hours. The total time required averages about four hours.

Once the case analysis is complete, you will receive the selected homeopathic remedy by post, together with detailed instructions on how to take and use it.

If a new acute illness or infection develops before you have taken a homeopathic remedy that has already been supplied to you, do not take that remedy for the time being. Please contact the practice so we can agree on how to proceed.

Course of Treatment and Follow-up Consultations

After the first dose of the remedy, there is usually a follow-up consultation. We discuss how your symptoms and general well-being have changed and decide together when the next assessment would be appropriate.

The timing of follow-up consultations depends on the prescribed potency and on the course of your individual treatment. Some patients initially require closer monitoring; once their progress is stable, appointments can gradually be spaced farther apart. Later, many patients contact the practice only as needed, sometimes just once or twice a year.

Please arrange follow-up appointments yourself in good time, either by contacting the practice or booking directly online. Automatic appointment reminders are generally not sent.

Remedies and Acute Complaints

Please follow the dosage instructions provided for you individually. If you have questions about taking a remedy or notice any unclear changes, please contact me before changing the instructions yourself.

You may also contact me between scheduled appointments if you develop acute complaints. During an acute consultation, I will tell you the name of the homeopathic remedy I recommend and give you instructions on how to take it. Any additional preparations intended for use, such as spagyric remedies, will likewise be mentioned by name.

Contact and Communication

The best way to reach me is by email at **info@clinic153.com**. For urgent matters, you may also contact me via WhatsApp, Signal, Telegram or SMS at **+49 170 7414007**. Please describe changes in your condition and any complaints as accurately and in as much detail as possible and, where feasible, send me a short message before calling.