**Vital Elements Homeopathics**

Please fill in as much detail as possible…..

First name

Last name

Address

State/Country

Post code

Email address

Phone number

COLDS AND HAY FEVER - Please circle or highlight everything that applies.

I have a cold/ hay fever (please circle or highlight)

I have runny nose, sneezing and watery eyes

It came on suddenly with fever

It came on slowly with sore throat and fever

Excoriating, red, runny nose, dripping like a tap

Throat feels full of sticks/ constricted

Mucus is clear, nose stuffed up

Mucus is yellow or green and thick/thin

I have swollen glands

I have a sinus infection

My throat is raw, inflamed and pustular

My body feels heavy, tired and aching

My head and eyes feel heavy

I am trembling with shivers up and down the spine

I have blocked ears

Inflammation of the eyes (conjunctivitis)

I have a blocked nose and a loss of smell or taste

I have a loose cough

I have a dry cough

I feel weepy and clingy

My face is hot and flushed

I feel better for fresh air

I feel better for warmth

Please provide further details, especially unusual symptoms or any added details that may have been missed. What else makes you feel better or worse? When did it start and what else is happening? What does it feel like? Where specifically?

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NAUSEA, VOMITING AND DIARRHOEA - Please circle or highlight everything that applies.

I have vomiting and diarrhoea with profuse saliva

Intense nausea and vomiting

Diarrhoea

It came on after midnight

It came on after eating

I have burning pains in my stomach

I feel extremely weak and tired

I feel chilly and want to drink small sips of water often

I have nausea from riding in cars or boats

I have vertigo and dizziness

I feel better lying quietly with my eyes closed

My nausea is not relieved by vomiting

I have indigestion after having rich, spicy food

I had too much alcohol or stimulants

I have a distended abdomen and cramping pain

I have a dry mouth but no thirst

I have excessive thirst

I have indigestion from eating fatty foods

It feels like there is a stone in my stomach

I have cold and clammy perspiration

I have sudden and excessive watery diarrhoea

Diarrhoea is like chopped spinach

I have colic pain and have to bend over double

Please provide further details, especially unusual symptoms or any added details that may have been missed. What else makes you feel better or worse? When did it start and what else is happening? What does it feel like? Where specifically?

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ACCIDENTS, INJURIES, BITES AND STINGS - Please circle or highlight everything that applies.

I have trauma to soft tissue with bruising

I have aching, strained muscles

I have just been to the dentist/ had surgery/ given birth

I had an accident/ am in shock

I was stung by a bee/ wasp/ bull ant/ jellyfish

The area is red and swollen

I have burning, stinging pains

It feels prickly and itchy

I have prickly heat/ nettle rash / allergic reaction

I have heat, redness, puffiness and swelling

I burned myself or have sunburn – its raw and stinging

I crushed my fingers or toes; in a car door; hit with a hammer etc.

I fell on my coccyx

I have a puncture wound from a sharp object

I was bitten by an animal

I was bitten by an insect or spider

I have injury to muscles, tendons or ligaments

I have sprained my joints

I have aches and stiffness with tearing pains

I have lower back pain with trouble straightening up

I have stiffness, better for continued movement

I feel restless and keep needing to change position or stretch

I feel better for rest and worse for movement

I feel like my bones are bruised

My eyes feel red, hot and painful

I have a headache from eyestrain

I have sprained my wrist or ankle

I have teething pain

I have earache along with teething

One cheek is red, the other is pale

Please provide further details, especially unusual symptoms or any added details that may have been missed. What else makes you feel better or worse? When did it start and what else is happening? What does it feel like? Where specifically?

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SUBMIT AND PAY – Once you have filled in the form and paid, return it via email to [feelgood@homeo.com.au](mailto:feelgood@homeo.com.au) Your remedy will be mailed via express post.

If the symptoms on these pages do not apply to you, you may need to refer to the “Minor Ailments” page for a more comprehensive case analysis of your symptoms, or you can make an appointment either in person or via Skype for a more personalized prescription.

Disclaimer: Homeopathy is not a substitute for medical advice and does not claim to offer diagnosis, or treatment of illnesses. Homeopathy can strengthen the body’s own healing defences in order for the body to heal itself. The focus is on the person rather than the illness and the prescriptions are holistic and highly individualized. Therefore we treat YOU not your illness. Please contact your doctor if symptoms persist.