



THE CENTER FOR  
INTEGRAL HEALTH  
*care for the whole person*

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## Follow-Up Visit Report

Name

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Appointment Date

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Phone Number

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**Remedy Taken**

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### Changes Noticed

Initial Aggravations (when & percentages)

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Symptoms which have gotten better (when and percentage):

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Symptoms which have gotten worse (when and percentage):

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Symptoms which have not changed:

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New symptoms: duration/indicate if new symptoms occurred in the past:

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## Follow-Up Visit Report

Name

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### Remedy Taken

*Pulsatilla 200C on May 5. Puls. 200C repeated on June 15 because of relapse of sadness, arthritis, tiredness and headaches starting on June 12.*

### Changes Noticed

Initial Aggravations (when & percentages)

*Arthritis, tiredness and sadness 15-20% worse the first 2 days after each dose.*

Symptoms which have gotten better (when and percentage):

*-Arthritis: after the initial aggravation, it progressively improved. It got 70% better until 1 week ago. Now, only 30% better.  
-Sadness: much less (80%). Feel happier starting shortly after the first dose of the remedy until 1 week ago. Now only 40% better.*

*-Energy: was better, went from 3 to 8. It is down to 6 since 1 week.  
-Headaches: I had only 2 headaches since Puls. until 10 weeks ago. (Usually I get a headache once a week.)  
-Sleep: has been deeper since Puls. until 1 week ago.  
-Desire for pastry has been less until 1 week ago.*

Symptoms which have gotten worse (when and percentage):

*-Eczema: 20% worse since the first dose of the remedy. Now, it is stable.  
-Feel warmer at night in bed.*

Symptoms which have not changed:

*-Biting my nails  
-Teeth clenching during sleep*

New symptoms: duration/indicate if new symptoms occurred in the past:

*-In the last week, I have been more tired as my mother became sick and I had to take care of her around the clock.  
-Thirsty for icy cold water (unusual). It slowly appeared since Puls.  
-Desire for spicy food in the last 4-5 weeks.*