

Patient Information

Please keep this sheet for reference

Your herbal medicine

Start taking your herbal medicine immediately. It is important that you follow the dosage instructions and take the medicine regularly. If you miss a dose, take it when you remember, or double the dose next time. If you find the taste unpleasant, wash the medicine down with juice or water. However, if you should find the taste so unpleasant that the medicine is difficult to take, contact me for advice.

If you take every dose, the bottle will be empty by your next appointment. If you need to postpone your next appointment, contact me so that I can make up a repeat mixture to tide you over.

Please return empty glass medicine bottles. There is no need to wash them.

Your supplements

Order your supplements immediately and start taking them as soon as possible (instructions for ordering overleaf). It is important that you order the exact products I have recommended: do not substitute other brands, strengths or formulations. Your urine may turn bright yellow if your supplements include B vitamins – this is nothing to worry about.

Dietary advice

Aim to follow your dietary advice at least 80% of the time and don't worry about the times when things don't go perfectly. It takes time to build new habits. If you do slip up, keep a record of your symptoms for the next 24 hours as this may provide valuable information.

Side effects

Herbal medicines, nutritional supplements and dietary changes should not cause unwanted side effects. However, it's always possible that something won't agree with you. If your symptoms worsen, or if you notice new symptoms, stop taking your herbal medicines and supplements and **contact me immediately for advice.**

If you take prescription medicines

DO NOT stop taking any medicines that are prescribed by your doctor. Your treatment is designed to work safely with your conventional medicines, not to replace them. It has been formulated so that it will not affect any conventional medicines you are taking.

You must tell me if you start taking any new medicines, or stop any that you are currently taking.

Storage

Store herbal medicines at room temperature, away from heat, bright light and strong smells. Keep all herbal medicines and supplements away from children. Herbal medicines will keep for at least 6 months - the date dispensed is on the label. Discard any remaining medicines six months after that date, or return them to me for disposal. For supplements, follow any pack instructions for storage.

Ordering Nutritional Supplements

You can order your supplements from Natural Dispensary where you will get a 10% discount on setting up an account and giving my name as the referring practitioner. There are two ways of ordering.

By phone on 01453 757792. They will ask you for the name of your practitioner. You may need to spell my surname for them (Kerkham) as the unusual spelling sometimes trips people up. At the same time, quote the discount code **NMK010** to obtain your 10% discount - they will not ask you for the discount code if you do not offer it.

Online at www.naturaldispensary.co.uk. The first time you order you will need to complete the online registration form, giving my name as the referring practitioner. Each time you order, enter the code **NMK010** into the promo code box at the checkout and click 'apply code' to get your 10% discount.

They will take a card payment and send your order direct to your home address. I receive a commission from Natural Dispensary of 15% of the selling price excluding VAT.

Holidays – yours and mine

You still need to take your medicines/supplements while on holiday. Light weight plastic medicine bottles are available on request, including 100ml bottles that can be taken in hand luggage through airport security. If you would like a covering letter for airport security on headed notepaper, let me know.

If I am on holiday, contact the clinic for details of a locum herbalist who will be able to make up a repeat medicine for you should you need it.

Contacting me

Please get in touch by phone, text or email if you have any queries or concerns. I will reply as soon as I can between 9am – 5pm Monday to Friday. There is no charge for a phone call of up to 5 minutes or for a reply to a short text. For more complicated problems between appointments you can book a 15 minute telephone consultation at a charge of £15.

Phone/text: 07411 377090

Email: herbsandnutrition@yahoo.co.uk