

## Welcome to our practice!

### Wellness is a journey not a destination.

Thank you for your interest in our center. We offer Complementary and Alternative Medicine for acute, chronic, and preventive care. Simple illnesses to complex disorders have responded positively to Homeopathy, Acupuncture, Chinese and Western herbs, Aromatherapy, Western and Asian bodywork. Dr. Solara is also a licensed aesthetician - facial specialist. We offer a variety of cosmetic and body therapies.



Our philosophy regarding the restoration of health has developed over a lifetime of study. What is your health worth to you? What would you give to stop pain, relieve stress, improve energy, restore health, and reduce sick leave from work?

In the USA we have been raised to seek medical attention when there is an illness. Many other cultures practice preventive health care to keep from getting sick.

Many of you may have had the experience of being seen by specialist after specialist, none of whom seem to treat you as an entire person. You may have been told that chronic pain is all "in your head". You might have been put on Anti-depressants for pain control.

Western allopathic medicine often has difficulty in treating a disease unless the cause can be demonstrated by lab tests. Our modalities don't just rely on lab tests to find the root cause. We will do our best to find a framework through which to approach your discomfort and pain.

Acupuncture and Homeopathy can help resolve the symptoms, and the root cause of disease. The time and money spent in these treatments will actually save you both in the long run. The treatments are not only affordable, but improve primary complaints as well as overall well-being without the side-effects that come with prescribed drugs. Yet it dovetails well with conventional "Western" medicine.

While there is no cure for every dis-ease we promise you will be treated as an individual and not as a "dis-ease". We can promise you that you will be heard, and that we will care very deeply. We will be devoted to exploring solutions with you, using all available sources of medical knowledge.

Your input is an integral piece of the formula in getting back to health. By being a participant in your care, setting reasonable goals, and discussing your expectations, we can work towards your ultimate wellness. We will discuss changes you are willing to make in lifestyle and sometimes eating habits.


Our Center includes a wide array of healing modalities that have been successfully proven over centuries. **We desire to be your FIRST THOUGHT in Health Care and not your LAST RESORT. While most people start coming to us as a last resort, they continue to come back because they feel better.**

We also focus on Anti-aging-/Longevity Medicine and dis-ease prevention. For those of you, who desire "Youthing" instead of aging, ask about our beauty treatments. Some people desire monthly tune-ups, others come in a minimum of four times a year at the change of seasons (Around March, June, September, and December, to boost the immune system for the next three months. In Florida we don't have clear cut change of seasons which can be even harder on our well-being as the temperatures and conditions fluctuate so much. Our bodies don't become accustomed to seasons like we do in other climates.

We strongly believe in integrative medicine, knowing that Alternative and Western medicine can co-exist in harmony. It is of primary importance to understand the values and limitations of each modality as we work with each individual's unique expressions. We work with a variety of physicians, chiropractors, midwives, and massage therapists to provide the best possible diagnosis and treatment.

## **When Should I Call Dr. Solara?**


**We desire to be available to you if you have questions please phone 352 365-4325.between 9am and 6pm Monday – Friday.** Please know that we may be seeing patients back to back and will get to you ASAP. If you have not heard from us in 24-72 hours please call or resubmit your request as we might not have received the message. We just updated our phone and messages from weeks ago just appeared in our voicemail. **Please do not text or call before 9AM.** **If it is an Emergency please call 911 or go to the ER for treatment.**

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- If you experience **new** symptoms you have **never had before (not if it occurred years before)**, stop taking the remedy, and call.
  - Aggravation of current symptom(s) **is too strong or lasts more than one week**, stop taking the remedy, and call me. Sometimes the current or old symptom flares up as the body is letting go of the disharmony and creating new healthy cells. It does not happen every time but when it does it is a positive sign your body is healing in the direction of wellness.
  - Your symptoms stop improving, or start to get worse after originally improving. Call me.
  - Old symptoms return that are strong enough that you need treatment, stop taking the remedy, and call me.
  - You get an acute illness such as flu, cold, etc. Treating all illnesses homeopathically will help your body maintain balance and improve your long-term health. It is not unusual for a fever to initially go slightly higher and then the immune system works harder and the fever drops naturally. **DO NOT take an over the counter remedy without checking in with me first as they may interfere with your positive results of my modalities.**

- Sometimes these can be treated as an over the phone appointment.

## **Scheduling/Cancellation Policy**

### **Scheduling Tips**



If you know that you will need to have several treatments in a row and you can only come in during certain hours, try scheduling several treatments in advance. We will be happy to arrange future appointments for you during your next visit, or during business hours. Don't delay! If you need an appointment late in the day, as the late appointments typically get taken first.

**Do NOT email appointment requests or make changes to your appointments online.**

We are frequently teaching classes or attending workshops and retreats during the weekend and might not call you back in a timely fashion. If it is an emergency call 911 or go to the Emergency Room for treatment. If it is urgent leave a message and we will try to work you in if we are available. If it can wait please contact us during regular hours.

Please let us know in advance if you must interrupt treatment. This way, we may arrange some means to continuing treatment despite of the interruption.

We also ask our patients to please let us know promptly of any treatment, prescription-based or otherwise, that they may start while under my care. Some things may not be advisable in all situations and might interfere with your results.

**TEAMWORK IS REQUIRED FOR THE BEST RESULTS.**

[See the Three phases of care below](#)

### **Cancellation Policy:**

**Kindly give 48 business hours notice of appointment changes.** Last minute changes hurt everyone – you because of lack of treatment and those who are desiring that time. We do not overbook our appointments. You do not sit in our waiting room for hours waiting for your turn to be seen. Many physicians overbook just because of cancellations at the last minute.

We know emergencies come up and we are willing to work with you so **LESS THAN 48 BUSINESS HOURS NOTICE** one free pass. The second time will be billed at 50% of the consultation fee and 100% thereafter. Your appointment time is reserved just for you. If you miss your appointment, others who desire that appointment time cannot be served. Fees for missed appointments are **NOT** covered by insurance.

Please be on time. Try to call if you are running late. (Your appointment time may get shorter by the amount of time you are late or rescheduled.)

If you are ill and thinking of cancelling your appointment please call and discuss it with us. Acupuncture can safely be utilized with almost all illnesses. When treated early for acute illnesses your recovery time may be shortened helping you to return to your normal schedule quickly.

**Gift Certificates and Discounted packages Beauty Treatments are available for all of our services. All discounted packages are non refundable and are for services only.**

Appointments are encouraged to be scheduled a minimum of two days and preferably 2 weeks in advance. Late cancellations or no shows will be billed at the regular price and deducted from the series of treatments.

**If you are unable to keep your appointment with your verbal permission a family member or friend can be sent to replace you for the same appointment time. Service upgrades allowed with payment at the time of service.**

**Cancellations 48 hours in advance will get full credit for future services.**

## **Payments**

- Payments, in the form of check or cash, credit or debit or health savings plans are expected at the time services are rendered.
- We do not bill any insurance companies, business managers, etc. We can give you a super bill for you to submit.
- Do not hesitate to discuss any questions you might have with us.

## **Treatments/Results**

### **How Many Treatments Will Be Needed?**

The number of treatments needed differs from person to person. It also depends on the imbalance and your response to the treatments. Regular “tune-ups” will keep your immune system strong.

For acute problems, several treatments are needed close together. When on homeopathic care for severe acutes like influenza I expect you to stay in contact with me as the symptoms change and different remedies may be needed quickly. In chronic cases the remedy will not change often.

Chronic Conditions: for complex or long-standing conditions lasting over three months, two to three treatments per week to start, and then spread out with fewer treatments for several weeks or months may be required. It took a long time to reach this state of imbalance; it is unrealistic to believe it will be resolved with one or two sessions. Some positive results may be seen very

quickly yet the body desires frequent reminders on how to hold the pattern of health when it has been out of balance for months or years.

If you have asthma or allergies it is best to come in the season before they become the most active to help avert the onset of the symptoms. If they are year round then come in any time.

### **Are follow-up appointments necessary?**

The treatments are exponentially effective: each treatment adds to the previous treatment to overcome the persistence of acute and chronic ailments and restore balanced health.

Follow-up care is essential to your overall well-being. Wellness is achieved by means of correcting the overall imbalance, and it usually takes time to hold that correction. This period varies from person to person. While the body remembers what it is like to be healthy there is always the risk of again falling into imbalance and consequently also into dis-ease.

After the acute pain is gone we will move into the rehabilitation phase of treatment. One or more treatments after comfort has been established with help strengthen and protect the body from future trauma.

## **Three Phases of Care**

### **Relief**

The majority of patients consult Dr. Solara Attatharya, because they have an ache or pain. In the first phase of care, the main objective is to eliminate or reduce your discomfort and stabilize your condition in the shortest amount of time possible. During this phase, progress is usually rapid.

The number of visits during this phase of care varies and is dependent upon your specific condition. It's hard to say how long it will be until you see relief— it could be as short as a week or up to a month. If you are not responding to care during this phase, you may be referred to another health-care provider.

### **Restoration/Rehabilitation**

Once your condition has stabilized, you enter the second phase of care, where the objective is to correct any underlying injury or cause of discomfort, and improve function. The frequency of office visits is reduced as your body holds the balance for longer periods of time. Care may be supplemented by nutrition, exercises, and modification of daily habits.

Chronic conditions have developed over many years and it takes time to correct. Many erroneously feel that once the discomfort has subsided that they are well. However, if you end your care before fully healing, you can invite a relapse. This is a mistake many people make, and it sets them up for recurring health issues.

### **Wellness is a journey not a destination.**

It is a way of life to improve overall well being and lessen the chance of re-creating adverse health issues. It's hard to believe that, after all the time, effort, energy, and money put into correcting a problem, a patient would choose to forget this relatively easy phase of care! As much as we'd love to see you in our office, we'd much rather assist you in maintaining your health rather than relieving your pain.

## **Preventive Maintenance-Wellness Care**

This can also be referred to as the recovery phase.

Your body is most vulnerable following recovery from illness because it has expended much of its energy and internal resources in order to get better. It is therefore important to have a few treatments in order to prevent repeated or new illness. In general, when an illness recurs it is often more difficult to treat.

Patients learn how to maintain balance in their lives and help prevent future health problems, and catch small problems before they become serious. A personal wellness care program will be designed specifically for you where we teach you how to incorporate good nutrition, breathing, and exercise habits into your everyday life, thereby promoting vitality, endurance, and the ability to enjoy life at its fullest.

We move into the preventive phase with "tune-ups" monthly or at the change of seasons 4 times a year depending on your individual response and requirements.

May you enjoy health in the years to come!

Yours In Service,

A Abundant Health Holistic Center  
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