



Consultation procedures

What to do before a consultation:

- Consultations are conducted first thing in the morning so appointments are scheduled from 0630hrs to 0700hrs. The heat, noise, and crowd all affect the quality of the pulse readings and thus this time
- You will be required to complete a *Daily Lifestyle Evaluation form* and bring it with you on your consultation day
- One should not have eaten for at least 4 hours before having a pulse diagnosis. A drink is allowed
- Please tell us ahead of the consultation if you are taking any medication as we may require this to be temporarily suspended for a few hours prior to the diagnosis. This does not include life-support drugs
- *** Female patients wanting consultation must select a day that they are free of their monthly periods; at least three days before or three days after their periods. This is because the pulses may not reflect the conditions as they should be

What happens during a consultation?

- The principles and philosophy of Ayurveda will be explained in general to you, otherwise you will not understand the diagnosis/prognosis
- Thereafter Pulse reading and Diagnosis/personal interview are carried out. Once the pulse reading has been taken a brief explanation as to the meaning and condition of the pulses will be given
- A comprehensive Food list containing information on Food dietetics (items of food that you may eat) that is correct for your *Vikriti* (current imbalanced state) will be provided and other pertinent instructions will also be given. You will also be provided with a relevant constitution analysis to study

How long is a consultation?

- A session last about 2 hours or more (full consultation). A short consultation or follow-up consultation will be 30 to 45 minutes in length

What happens after a consultation?

- After the session you will receive the physicians Detailed Treatment recommendations by email. These will clearly state the course of action needed. Each person will have an individually tailored programme
- It is then your decision as to whether you go further
- At Ancient's Best, Herbal formulas are prepared for the individual. Ancient's Best does have some ready-made herbal formulas which act as support to the specifically prepared formulas made for the individual. ***No formulas are prepared for a client until the client has accepted the treatment recommendation**

