

Before a Traditional-Medicine Consultation

A starting checklist for Ayurvedic Body Types and TCM Patterns: Meaning, Evidence and Limits.

- Describe the concern, when it began and its effect on daily life.
- Bring a current list of medicines, supplements and relevant allergies.
- Choose three questions you want answered.
- Check qualifications and scope through relevant official sources where available.
- Ask how a traditional interpretation changes the proposed decision.
- Keep prescribed care in place unless the responsible prescriber advises a change.

My main concern and goal

My first question

Before agreeing to a proposal

Traditional terminology, a detailed assessment and product safety are separate matters. A proposed product needs its own ingredient and interaction check. New or concerning symptoms require appropriate medical assessment. [10-06, 10-07]

- What is the exact intervention or product?
- What benefit is supported, for whom and over what time?
- What risks, interactions and alternatives need consideration?
- What are the total costs and any ongoing commitment?
- Who will review the outcome and respond to problems?
- Can I take the written plan away and decide later?

What I still need to know before deciding

The full Traditional Medicine Consultation Question Pack adds forty-eight questions across six consultation topics. Visit avonoria.com for availability.

Source article: Ayurvedic Body Types and TCM Patterns: Meaning, Evidence and Limits

[10-07] Traditional Chinese Medicine: What You Need To Know Source

General education for adults; not diagnosis or treatment. No therapeutic outcome is promised.