



Encino Acu-Medical Center
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NECK, SHOULDER & LOW BACK PAIN FORMULA

Formula A, B, C, D Instructions (see Use Guidelines on back):

1. **Pain Formula A**
 1 pill under the tongue 2x a day, for 4 days.
4 days off.

Date / /
 ○○○○

2. **Pain Formula B**
 1 pill under the tongue 2x a day, for 5 days.
4 days off.

Date / /
 ○○○○○

3. **Pain Formula C**
 1 pill under the tongue 3x a day, for 3 days.
4 days off.

Date / /
 ○○○

4. **Pain Formula D**
 1 pill under the tongue 2x a day for 5 - 10 days (as needed).

Date / /
 ○○○○○
 ○○○○○

If low back pain persists, you may continue to use Pain Formula C another cycle (3 days).

If sciatica or leg pain persist, you may use Pain Formula D another cycle (5-10 days).

Following treatment, wait 10 days, then evaluate results. If not satisfied, please contact Dr. Farahmand

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

You may mark the circles and chart with the corresponding calendar dates for yourself.

*Please note,

Formula Pills (A, B, C, D) to be taken 15-60 min. **BEFORE** Gemotherapy Herb Drops (see back).

In additon Enzyme treatment to be taken with meals (see back).

Gemmotherapy Herb Drops*

MAY ACCOMPANY Neck, Shoulder & Low Back Formula

*Special note: hit bottom of bottle once a day with 10 strong taps before use.

Rubus Fruticosus (for all upper body pain)

50-60 drops 1X a day in ¼ glass of water.

5 days a week, every **Morning**, Monday to Friday, off on weekends.

Use entire bottle. (use calendar below

In the afternoon take Pinus Montana

Pinus Montana (for all upper body pain)

50-60 drops 1X a day in ¼ glass of water.

5 days a week, every **Afternoon**, Monday to Friday, off on weekends.

Use entire bottle.

If you have neck pain also take Ribes Nigrum

Ribes Nigrum (only for neck pain)

50-60 drops 1X a day in ¼ glass of water.

5 days a week, 1-2 hours apart from the other Herb drops.

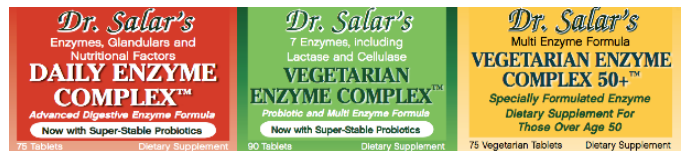
Monday to Friday, off on weekends. Use entire bottle.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Enzyme Therapy

Daily, Vegetarian or 50+, depending on diet and age.



1 tablet 3X a day with regular meals, or 2 tablets with large fatty/fried meals.

Or as directed by your healthcare professional.

Homeopathy Remedy Use Guidelines:

1. Please do not eat or drink 15 minutes before or after taking remedies.
2. Store remedies away from electrical appliances (e.g. TV, microwave, computer, etc.) and direct sunlight.
3. Avoid any contact with camphor (also known as camphora and camfrey). Any contact (smell, touch) with camphor can antidote homeopathic remedies.
4. Limit your intake of caffeine and nicotine while taking homeopathic remedies. Also avoid raw onion, raw garlic and raw mint.
5. Do not touch pills with your hands. Please use the bottle cap or a plastic spoon or brake open the blister by folding back the marked corners.

* Warning: If symptoms persist/worsen or if pregnant/nursing, consult your practitioner. Keep out of reach of children. Do not use if blister is broken.

If you are still having back of thigh pain, leg pain, muscle stiffness in the low back or other body area, please contact Dr. Salar Farahmand for additional care.