

Mohsin Clinic

of natural medicine

Guide to Medicines and Treatment

A natural way to health and wellbeing, with Hakim (Philosopher Physician) M. Salim Khan M.D. (M.A.) M.H. F.G.N.I.(England) D.O. (London) Consultant Herbal Physician and Iridologist at Mohsin Clinic.

Each of us would like to have perfect health throughout life - complete enjoyment of all our inherent vitality and clarity of mind. However we often suffer from health problems and illnesses. Using **Tibb**, a holistic tradition of natural health care, we endeavour to restore health in body, mind, emotions and spirit.

Our approach is:

- safe and effective
- natural and life enhancing
- traditional and holistic
- preserving and restoring to health

Natural medicine creates a state of balance and strengthens the whole system.

Your first consultation with Hakim M. Salim will take about 45 minutes to one hour. For an accurate assessment of your state of health he will use unique diagnostic methods of natural medicine, such as iridology, tongue and pulse reading.

Iridology (examination of the iris) – is a non invasive method used to evaluate your health, strengths and weaknesses. It may be included as part of your health assessment or a full iridology consultation can be carried out and a written report provided.

Your treatment programme is based on your individual body type (mijaz) and your current health status. It may include one or more of the medicines listed below, along with lifestyle and/or dietary advice.

Our Joint commitment to your health

Your optimum health and well being is our goal, this is best achieved through your own efforts and commitment as well as ours. Please take your medicine as prescribed & instructed.

Queries, concerns and Feedback.

Contact us if you have any queries or difficulties regarding your medicines or advice. You are welcome to ring and speak directly to the Hakim with feedback, concerns and queries on Wednesday between 6pm and 7pm on: 0116 273 8614, or email him at: clinic@mohsinhealthgroup.co.uk. You are welcome to ring at other times although when he is in consultation with another patient he will not be able to take your call immediately, please leave a message and he will call you back.

The medicines and treatments

We are passionate about the quality and effectiveness of the medicines we produce. This means that we source constituent herbs from suppliers of the highest quality in growing, harvesting and handling herbs.

We buy organic herbs where possible and use suppliers who work in a way that reflects our own care and concern for the environment.

Medicines will be specially prepared for you while you wait, or sent to you. They are made up for you based on an assessment of your condition, your constitution and health history. Some ready-made supplements are also available to address common health issues, such as depleted minerals and vitamins.

Herbs are prescribed in different forms:

Raw and pure herbs are blended to suit each individual patient and then prepared freshly by you each time you take them. This method avoids un-necessary processing and preserves the natural potency of the herbs.

Electuaries - an age old method of combining specially selected herbs & minerals, naturally preserved in a base of pure honey. A very high quality potent medicine.

Powders – made with prescribed herbs and nutrients, these have very little processing are easily absorbed, easy to swallow and pleasant to taste.

Tablets and (vegetarian) capsules - a compact and easy to take form of herbs. We make our own or source tablets from only the best suppliers where we are confident of the quality of the raw ingredients and methods of making and storing.

Syrups – these are preferred by some patients and can be more effective, for example in the case of coughs or general weakness.

Alchemical medicines – occasionally we prescribe medicines made from precious metals and gems rendered safe and medicinally beneficial by ancient processes.

Mineral and vitamin supplements – these are prescribed to address the common problem of depletion which comes about through modern diet, stress and low levels of nutrients in our foods. Our supplements are high quality and 'bio-available' (easily absorbed by the body) and recreate a natural state of balance in the body, strengthening the whole system and improving the response to other treatments.

Tinctures and fluid extracts are sometimes a more convenient way in which to take herbs, although we seldom use this form of treatment as processing causes the herbs to lose some natural vitality and potency.

All our products are free from sweeteners and preservatives other than nature's own.

A Guide to medicine and treatment costs

First Consultation 1 hour	£30 Full fee. £20 Reduced fee for unwaged, elderly & children
Follow up 30 mins	£15 Full fee. £10 Reduced fee.
Counselling & Psychotherapy	£60 per hour
Iridology consultation & report	£45
Medicine	A guide to costs per day
Raw herbs	£1
Tincture	£0.70
Electuary	£1 to £1.50
Powders	£0.70 to £1
Tablets/ capsules	£0.70 to £1
Alchemical medicines	£3
Supplements	£0.70

A typical consultation plus 1 month supply of one medicine may cost from approximately £60 to £75.