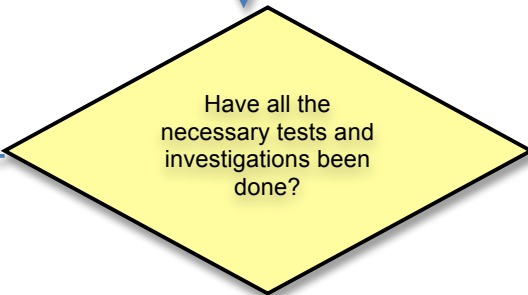


I have a troubling symptom
(short term severe or long term persistent)



NO

YES



NO

YES

YES

NO

I should check with my doctor or registered/licensed practitioner for adequate tests and investigations and get confirmation that this is a problem I can help care for myself before going ahead with this self-care exercise

Before going ahead with this self-care exercise I should check with my doctor or registered/licensed practitioner that it will be okay to take any new remedies with my medication.

I am satisfied that my doctor or registered/licensed professional practitioner is content that I take care of myself with simple home and natural remedies

AND
I have checked the relevant PAGES of NHS Choices

I am in a good position to begin to take care of my symptoms using simple home and natural remedies.

Let us go to the next stage:

