



Working with Dr. Moshe Daniel Block, N.D., HMC



What to expect when visiting a Holistic
Naturopathic Doctor and Homeopath

Seeing a holistic naturopathic doctor is quite a different experience from seeing a conventional doctor or any practitioner that works strictly by treating the symptoms of disease. Dr. Moshe works with the true principles of Nature's medicine, which include:

- ***First of all, to do no harm.***

Dr. Moshe works with gentle, yet powerful forms of medicine (holistic counselling, homeopathy, nutrition) that do not pose the potential of toxicity and complications with harmful interactions with pharmaceuticals.

- ***To address the fundamental cause of illness.***

When working with Dr. Moshe, you will be working as a team as "Healing Detectives" to determine the cause of illness or disharmony in your body, mind, emotions, and even soul/spirit. This involves a dialogue of simple questions that will help you gain a deeper understanding of the connection between your mind and body in your present state of health. You will get to share your innermost struggles, fears, weaknesses, and issues you've carried your whole life. Sharing this and coming to understand yourself better through this dialogue is very healing and therapeutic in and of itself.

- ***To work with the whole, individual person.***

Human beings are multidimensional. We are comprised of a soul/spirit, mind, emotions, and body. Our complex nature and how we have personally been hurt as individuals and thrown out of harmony with a healthy way of living can be seen as a reflection in how we choose to live our lives. You will be working with Dr. Moshe to find a *thread*, or a *theme*, that is woven throughout your life that is "your problem." With this most valuable awareness, you are empowered to heal yourself and make a better, healthier life. From that point, Dr. Moshe will also specially select a homeopathic remedy that matches the "whole" of your health concern to bring about healing in a gentle, yet powerful, fashion.

Dr. Moshe has some excellent articles online that further express how he works and what his philosophy is all about. [Click here to read these articles.](#)

Your willingness to Come off Drugs when the Time is Right:

It is vital that you recognize that the power for healing and helping yourself lies with you. Dr. Moshe will act as a guide to help you see what your health “problem” is and how to heal yourself (“**Doctor as Teacher**”). By agreeing to see Moshe, you are recognizing this most important principle – *that the responsibility for your health lies in your hands!* This has been incorrectly conveyed through conventional medicine’s taking complete responsibility for a patient’s health. The power of healing, through **The Healing Power of Nature** always has and always will reside in the person. The power of knowing this cannot be underestimated. Through his experience, Dr. Moshe has come to recognize that people who are still working with their convention doctors have not really accepted this fact, and thus are divided between two models, one that seeks to heal lastingly, deeply with an empowerment of the patient (Holistic medicine), and the other that undermines the patient’s ability to heal themselves, while just suppressing symptoms and making a real mess of the patient’s health. Since he is dedicated to helping people to the best of his ability, **Dr. Moshe is no longer taking on cases with patients who still see their medical doctors and who are unwilling to come off their drugs.** In order to work with Dr. Moshe, you have to be willing to work with this Holistic model, stop relying on conventional medicine, be willing to come off the drugs, and to accept responsibility for your health and well-being. Dr. Moshe is trained to know how to get a patient off their drugs. He is also trained to know when to refer to emergency medicine, but for the most part, this is rarely necessary and regular conventional medicine acts only as an obstacle to cure.

- In certain rare or extreme conditions (trauma, very advanced pathology, or with very young children), it may not be possible to work through these healing principles and through this most effective process that can take more time than is possible in a case. At such times, Dr. Moshe is dedicated to helping the person to the best of his ability through other techniques, and may refer to outside support and even to emergency at the hospital where he deems necessary.

The Drugs of Myasthenia Gravis: It is very difficult to have any good results when a patient is on prednisone. For that reason, a patient must be slowly weaned off the prednisone to see any good results. Mestinon can also complicate things, but it is less of a “block” to healing with homeopathy. However, at higher doses, it can cause severe weakness even resembling symptoms of myasthenia gravis, and can even lead to a ‘myasthenic crisis’. Imuran and cellcept are extremely toxic and even cancer-causing drugs, and for all of these reasons, it is the goal of Dr. Moshe to help his patients come off all conventional drugs. (Note: It may even be necessary to come off supplements and other natural remedies that may be acting in the opposite direction of the homeopathic medicine.) Coming off drugs is mostly done slowly and in a gentle fashion. Sometimes, even this step can take a long time.

Important:

To make the most of your appointment, be prepared, open and willing to share and Dr. Moshe will help you with the rest. Also, please share ALL symptoms you experience that you think may not even be related to the conventionally known symptoms of the illness, but that began around the time you got sick. These can include sleeping patterns, digestion and appetite, thoughts, feelings, strange/ weird sensations, sounds, headaches, muscle or skin symptoms, and anything else you notice that has changed since you got sick. Sharing these can really help Dr. Moshe find a great remedy for you. Please make sure to consult with Dr. Moshe before starting any other treatments, therapies, or supplements, as some may work in harmony with the healing work and others, not.

Do not expect an immediate miracle! Remember to be patient and to trust the process. Myasthenia gravis is supposed to be an incurable disease. It is not, but it does take time to cure

an “incurable” disease. Some cases progress slowly, whilst others improve quickly. However, all cases progress for the better when the patient is taking responsibility for their health via understanding what has led them to getting sick. Sometimes, cases have huge breakthroughs after the second, third, or subsequent visits. It can also take a few visits to really get a clear idea of what the patient’s health problem really is all about.

When Dr. Moshe recommends a homeopathic remedy, **ONLY** follow his instructions about how to take it, and **NOT** the instructions of another practitioner, a pharmacist, your mother, or what it says on the homeopathic remedy container.

Frequently Asked Questions and Answers:

How long is each visit and how much does it cost?

The first visit will usually be around 1.5 hours. The purpose is to determine the cause of illness / dis-ease, to establish a “mind-body” connection, that is to see the link between the beliefs and theme / thread of a person’s life and their sickness, and also to have enough information to discover the homeopathic remedy. **The fee for the first visit is \$400 (USD).** This **includes** the time Dr. Moshe spends researching the homeopathic remedy. Follow ups are between ½ hour to 1.5 hours, or more, depending on the case and will be scheduled every 6 weeks until clear improvement has been achieved, at which time they will be less frequent. **The cost for follow ups is \$200 / hour (USD).**

How long does it take to be better/healed/cured?

Curing an “incurable” disease takes time. Think of it as the unfolding of a flower. It cannot be rushed. However, results *can* come quite quickly, even within a few days. Most often, it will take time. Think of healing as a journey to our true nature and illness as a train traveling in the opposite direction. As the momentum slows and stops of the train traveling in the opposite / wrong direction, the healing can begin to accelerate. As soon as the cause of illness is addressed, and you begin to really work actively and purposefully on empowering a positive change in your life to correct “your problem,” the illness will stop advancing and healing will begin taking place – How quickly the healing occurs depends on many factors – your active participation in your healing, the duration of the illness, the severity of the illness, and the precision of the homeopathic remedy selected. Like the metaphor of a journey, finding the most accurate and healing remedy can also take time, though Dr. Moshe works hard to find it as quickly as possible.

Can I contact you between the follows ups?

Yes, you can! Please refer to my Email Policy and Fee schedule:

Email, Cancellation Policy/Fee Structure:

Following an appointment, any questions regarding the treatment plan that I give you (if it's not clear) are free.

Any simple emails (like requests for receipts, appointments, positive feedback about the remedy and treatment etc.) are free.

Any emails requiring quick medical advice or assistance are \$10. When the situation requires a deeper look or any research, you will need to make an appointment. [Please go to ask.dr-moshe.com](https://ask.dr-moshe.com) for all of these types of questions.

I'm also adding new 15 minute acute or immediate care appointments. This will be over skype or over the phone and will cost \$50.

If you have been emailing me your symptoms, dreams, or journaling thoughts that do not require immediate assistance, please record them and save them for our next appointment.

Cancellation Policy

Appointments that are cancelled with less than 24 hours notice will be subject to 50% fee of anticipated appointment. Follow ups - \$100. New Appointments - \$200.

Visit Settings: In Person, through Webcam, (on Zoom) or on the Phone.

Whenever possible, it is best to work face to face with Dr. Moshe in person. However, face to face is also possible through Zoom if it is too difficult, too far, or too expensive to have the appointment in person. If using Zoom, make sure you are familiar with using this program (it's free) and your web cam and camera are working well and without too much background noise. ***Please test prior to your appointment with Dr. Moshe.*** Dr. Moshe also, on occasion, works with people strictly on the phone, but one of the other two settings is much better and recommended.

Payment Methods

For USA and Canada – Most preferred method of payment is via Venmo. You can send payments to <https://account.venmo.com/u/Daniel-Block-53>. You can also pay via paypal, Zelle, personal cheque, or international money order. Paypal payments will have a 3% charge added to them. Please make all Paypal payments to moshedaniel9@gmail.com. Please make all cheques payable to Moshe Daniel Block. Moshe will indicate the best address to mail the cheque.

Outside the USA and Canada: Paypal or international money. Same things apply as above.

Additional Information –

If you haven't already, please read the following very informative articles that Dr. Moshe has written on myasthenia gravis and working with auto-immune conditions.

Article # 1 - Mind-Body Connection in Treatment of Autoimmune disease

Article # 2 - Managing Cases of Mind-Body Medicine in a World of Obstacles

Article #3 – Holism in Auto-Immune Disease –Working in Harmony with the Healing Power of Nature

Some general ideas concerning nutrition – Eating healthy is good, for everybody. When you're very sick, and struggling with mg, it is a good idea to eat as healthy as possible. However, the nutrition is not usually the cause of illness, although poor nutrition can make matters worse.

B vitamins (a Multi-B vitamin that has 50-100mgs), Vitamin E, C, Fish oil, manganese, Vitamin D and calcium. (of these, B vitamins and manganese are the most important)

Stay away from Echinacea – it can have adverse effects in auto-immune illness.

Stay away from sugar, cane sugar, wheat, corn products, and cow's milk. Supplement with raw unpasteurized honey, maple syrup. Substitute wheat with gluten-free breads like spelt, kamut, and rice. Eat slowly. Chew your food well. Do not overeat. Eating a little more frequently is better than eating too much in one sitting.

Eating meat is okay with myasthenia gravis, especially if you are blood type O.