

Homeopathy



Instructions for Taking a Remedy:

- The remedy should be kept out of direct sunlight and away from sources of heat, electricity, and radiation. A homeopathic remedy is prepared from natural substances which have been highly diluted and refined. Its action can be extremely subtle, and is subject to interference from various outside influences.
- A remedy should be dissolved under the tongue and wait at least 15 minutes before or after eating . If you are prescribed a remedy to be taken in water, add the bottle of remedy to a bottle of store bought water that do not have additives. Allow the remedy to dissolve and shake the bottle of water before each dose of remedy. 1 teaspoon of water from the bottle is considered one dose or remedy. If told to dose more then once shake the bottle of water and pound the bottle against your hand a couple of times before taking the next dose.
- Remedies that are dissolved in water are good for one month in the refrigerator. Just make sure before each dose that the bottle is shaken and pounded against your hand 2-3 times before taking the next dose.
- Substances to be avoided during the course of treatment:
 - menthol (in muscle rubs, cosmetics and mouth washes)
 - camphor (in moth balls and lip balm)
 - mint
 - eucalyptus (in cough and cold preparations)
 - aromatic oils (tea tree oil), perfumes, medicinal herbs,
 - recreational drugs or chemicals

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- Please try to avoid drinking coffee around the time the remedy is taken. Give your self a couple of hours in between a remedy and a cup of coffee.
- Dental procedures should be postponed until after the remedy has acted or failed to act, so that results can be clearly evaluated. Other therapies such as acupuncture and a chiropractor should not be started at the same time for the same reason. An occasional aspirin or Tylenol should be no problem.
- Please make note of any changes, dreams, or symptoms to assist in understanding your response to the remedy. The effects may be so subtle or gradual that a friend or relative may point out changes before you notice them.
- A simple, healthy routine which includes rest, exercise, meditation, laughter, and good food assists your body in healing itself. Lifestyle changes are not necessary. Try to avoid influences which have caused problems for you in the past.
- If putting a remedy in water, the water should be as clean as possible. Preferably a bottle of water from the store unless you have a well. Put all the pellets into the water bottle. Allow to dissolve by shaking the water bottle and pounding it against the palm of your hand. By doing this action this allows the remedy to imprint onto the water. Before each dose of remedy this action should be repeated. The water bottle can be stored in the refrigerator for up to a week.
- As with all remedies, keep them away from computers or cell phones and high heat as this can antidote the remedy.