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Homeopathic Remedy Instructions

I. General Information about Homeopathic Remedies

Homeopathic remedies are medications that are specially prepared from natural substances from the vegetable, animal, or mineral kingdom. They have a very long history of efficacy (over 200 years), which has been proven in recent years by a meta-analysis of well controlled studies published in the prestigious journal Lancet. Homeopathic remedies are safe, and many can be used by children or during pregnancy or lactation without fear of adverse consequences.

Homeopathics are principally produced by successively diluting a solution containing the therapeutic substance, while adding sharp percussive shocks (called ‘succussions’) to the mixture at each dilution. This process is repeated many times, such that most homeopathics have little or none of the original substance left in it. Instead, the remedy leaves an energetic imprint in the water (this has now been substantiated by a British scientist named Cyril Smith).

The remedy may be administered as a liquid; or, it may be sprayed onto sugar pellets, which can then be ingested. Remedies can also be prepared as topical creams, or utilized in an injectable form.

Homeopathic remedies come in different potencies, depending upon how many times the dilution / succussion cycle has been repeated. Potency is designated by a number + letter code. Commonly used potencies, in ascending order of strength, are: 6X, 6C, 12X, 12C, 30C, 200C, 1M, 10M, and CM. Another system of remedy preparation results in potencies designated as ‘LM,’ with ascending potencies referred to as LM1, LM2, etc.

II. How to Get the Best Result from Your Remedy

Because homeopathic remedies are an energetic rather than a material treatment, they must be stored, handled, and administered in a particular manner to ensure that they will

maintain full potency and have maximum therapeutic effect. Here are some do's and don'ts regarding the care and feeding of homeopaths:

1. Take your remedy at least **30 minutes away** from any **food, drink** (except water) or **smoking**. That is, if you have eaten, wait at least ½ hour before taking your remedy; and, once you have taken your remedy, wait at least ½ hour prior to eating.
2. Keep your remedy away from exposure to: **sunlight, heat** (over ~90 F), **cold** (below ~45 F), strong **electromagnetic** forces (e.g., don't put your remedy on top of your T.V. or computer), **essential oil odors** (don't store the two in the same medicine cabinet or drawer), or **X-rays**. (When traveling through airports, it is best to carry your remedy on your person and walk it through the metal detector. The remedy will not set off the detector, or be inactivated by it).
3. Certain substances, if used by you, may interfere with or antidote the action of homeopathic remedies. These include: **mint** (primarily the oil, such as is found in toothpaste, not simply a cup of mint tea), **camphor** (found in topical salves), **wintergreen** (found in topical pain relief medicines), **essential oils** (like **eucalyptus** and **aromatherapy** oils), and excessive **coffee** (more than a couple of cups a day). Some **pharmaceuticals**, such as **corticosteroids**, may also interfere with the action of homeopaths; but, if you need to take the drug, you should do so, and measures can be taken to improve the efficacy of the homeopathic.
4. Other homeopaths can antidote, interfere with the action of, or cause adverse reactions from the prescribed remedy. Please to not take any other remedies, or dose your prescribed remedy other than as recommended.
5. Certain insults to your system can also antidote your remedy. These include: dental drilling, significant physical trauma (such as car accident), or emotional shock (such as the death of a loved one).

III. What to Expect from Taking Your Remedy

The response to homeopathic remedies is quite variable, depending upon the problem being treated, the dosage administered, and the accuracy of the remedy choice.

For acute problems, such as an injury, ear infection, food poisoning, insect bite, urinary tract infection, etc., the response is usually rapid, within minutes to hours. You should expect a clear symptom improvement in a short period of time. If not, the remedy was incorrect, the dosage was too low, or the illness beyond the scope of what the remedy can handle.

For chronic problems, the situation is a bit more complex. Constitutional remedies (those administered based upon your total symptom picture) may take up to 8 weeks or longer to

begin to show a therapeutic effect. It is possible to see some improvement very quickly, even in a matter of minutes after taking the remedy. However, it is also possible to see a worsening of symptoms, termed an aggravation, with the correct remedy. The incorrect remedy usually produces no effect, good or bad.

Homeopathic aggravations, when they occur, generally begin within the first few days after taking a remedy, and can last up to a couple of weeks or longer. They generally consist of symptoms or issues that you have had in the past, not a new condition. If you develop a new problem, do not assume that it is due to the remedy.

There has never, to my knowledge, been a case of someone dying from a homeopathic aggravation (in sharp contrast to pharmaceuticals). However, if you feel that you are experiencing an aggravation, and will not be comfortable waiting until your next appointment, please call me.

IV. How to Take Your Remedy

Homeopathic pellets are taken by dumping the recommended number of balls into the cap of the vial, and then tossing the pellets from the cap under your tongue. (In some vials, you invert the tube and twist the cap, causing pellets to be dispensed into the cap). Do not handle the pellets if possible. It is also a good idea to rap the tube against the palm of your hand about 10 times prior to each dose, to help activate the medicine.

Liquid homeopathics are taken either by putting the recommended number of drops directly under your tongue (be careful not to touch the dropper tip!), or, if it is to be diluted, by taking a new paper cup, putting in the recommended amount of filtered or distilled water into the cup, adding the drops of homeopathic, and swirling the cup for a few seconds. Take the solution in your mouth, hold it there for about a minute, then swallow it.

There are some more complex protocols for taking liquid homeopathics, if you are very sensitive to such remedies (to minimize the likelihood of an aggravation). I will go over these with you individually if applicable.