

Instructions for Taking Homeopathic Remedies

1. **AVOID TOUCHING THE REMEDY.** Make sure that your hands are free of strong odors. Pour pellets into cap then into your mouth or shake directly into your mouth or into a metal spoon. Let the dose dissolve on or under your tongue for a short time before swallowing. For a homeopathic liquid, you may put the remedy into some purified water or directly into your mouth. Be careful not to touch the dropper to any parts of your mouth as you dispense the remedy.
2. **THE MOUTH SHOULD BE SUBSTANCE FREE.** The mouth should be free from food, liquid, gum, toothpaste, mouthwash, etc. for 45 minutes *before* and 15 minutes *after* taking the remedy. In acute situations, rinse your mouth thoroughly with water if it is not possible to adhere to this time frame.
3. **PROTECT THE REMEDY.** Direct sunlight, heat over 110 degrees (such as in a car in summer), and strong odors will often destroy a remedy before you even take it. Avoid applying strong perfume/cologne or essential oils at the same time you take a remedy dose.
4. **DISCARD SPILLED OR TRANSFERRED REMEDY.** If, by accident, some remedy should spill from its container, do not return it to the container. Discard it. Do not transfer the remedy to other containers or bottles that contained other substances. Do not reuse the containers when they are empty as they may still carry properties of the remedy.

What Is Homeopathy?

Homeopathy is a system of western medicine that is over 200 years old. Its scientific, highly systematic principles are grounded in the writings of such historical thinkers as Hippocrates, Paracelsus, and Goethe and were adapted into homeopathy in the late 1700s by Samuel Hahnemann, a German physician and chemist. Disillusioned by the bloodletting and similar practices of western medicine of his time, he sought to create a system of healing that would be gentle and effective, and work with, rather than against, the body's innate healing capacity.

Homeopathic treatment can be used as an alternative or complement to conventional medical treatment. In contrast to conventional medicine, homeopathy believes disease symptoms are not generally confined to a particular body part or system, but signal an imbalance in the overall mental, emotional, and physical body. After taking an extended time with their clients on intake, classical homeopathic practitioners select one remedy from over 2,000 remedies created from the plant, mineral, and animal kingdoms. This remedy is chosen to match the total mental, emotional, and physical symptom picture the client presents. Homeopathic remedies act to stimulate the body's own vital force or vitality, which in turn gradually restores all body systems back into overall balance and health. In follow-up appointments, scheduled every 4-8 weeks initially, the practitioner assesses the effects of the remedy over time and determines the frequency and potency of remedy doses to best support and strengthen the client's healing process.

Homeopathy is effective with most chronic and acute conditions. Selecting a constitutional remedy to address chronic or recurrent conditions such as fibromyalgia or rheumatoid arthritis is described above. For acute conditions, including injuries such as pulled ligaments or stress fractures, or illnesses such as flu or bronchitis, the practitioner gathers more focused and concise information from the client and again recommends a single remedy at a time. Sometimes two or more remedies are recommended in succession to speed the body's recovery from injury or illness. There are also remedies to help people through surgeries and complement other conventional medical treatments. It is possible for people to treat their own and family members' minor acute illness on their own, but for more serious acute illness or chronic conditions, they should consult their physician and a trained homeopathic practitioner.

Homeopathy is directed at strengthening overall constitution and vitality and not directed at diagnosing or treating specific diseases.

Homeopathic Remedies

Homeopathic remedies are taken either in solid or liquid form. Solid remedies can be pellets, tablets or granules that are dissolved under the tongue. A single dose consists of the number of pellets that form the size of a very small pea. For acute conditions, a remedy may be repeated frequently in a short period of time. For chronic conditions, doses are generally repeated very infrequently, although liquid remedies are often taken as ½ teaspoon daily or more.

Both solid and liquid remedies are initially natural substances taken from the animal, mineral, and plant kingdoms. Tinctures are prepared from the substances and then potentized by sequential dilution and succussion – the forceful pounding of the liquid dilution against a firm but resilient surface. Remedies are prepared by homeopathic pharmacies according to precise standards established by the Homeopathic Pharmacopeia of the United States (HPUS) and the regulatory requirements of the FDA.