

HOW TO TAKE HOMEOPATHIC REMEDIES

DOSAGE INFORMATION:

Page 1

The golden rule is the remedy starts the healing process and your body responds by healing. The dosage suggested is just enough to initiate the body's healing response. In addition, it is the frequency of doses rather than the number of drops or tablets taken which dictates the effect.

Dosage for Acute Cases:

Treatment of early or acute symptoms may need more frequent doses over a shorter period. Hourly doses can be given for a short time until the condition is under control. In exceptional cases of pain or fever, doses may need to be given every 10 to 15 minutes until response. The remedy should be discontinued as soon as possible.

Dosage for Chronic Symptoms:

Conditions or symptoms, which are well established, require fewer doses. Some examples are: For liquids, one drop 1 to 4 times a day; for granules, 3 granules 1 to 4 times a day, for constitutional support, often one or a few doses are given either by liquid, powder or granule form. The key is to stop taking the remedy when relief or a change in symptoms occurs. There is no such thing as a course of treatment as with conventional drugs.

Each regime is geared to your individual requirement at the time and so varies according to your specific needs. I will give your individual dosage requirement verbally, written on your sheet and/or on the bottle or vial itself. (The above dosages are examples only.) If you are in any doubt about what you are taking, why you are taking it, and how long you need to take it, please consult me ASAP.

ADMINISTERING THE DOSE:

For liquid remedies (Multiple doses): Avoid touching the tip of the dropper to your mouth, tongue or teeth. Take one drop at a time unless otherwise indicated. **ALTERNATIVELY,** Squeeze one drop from the dropper into 1 TBSP (15 ml) of water (distilled, non-carbonated bottled, or filtered) and place in mouth for 10-15 seconds and swallow. **PLEASE NOTE:** Multiple doses or liquid remedies work better if you take bottle and tap against palm of hand firmly 2 times prior to each dose.

For powder remedies (Single dose): Avoid touching the powder with your hands. Just tip the contents of the packet directly into mouth. **ALTERNATIVELY,** Tip the powder into glass cup with 1-2 Tbsp. (15-30 ml) of water (distilled or bottled or filtered) mix, then drink the contents, holding the solution in the mouth for 10-15 seconds. For children, it may be easier to have them take the solution by using a teaspoon until the solution is used up. For nursing infants, the mother can take the remedy if this is indicated.

HOW TO TAKE HOMEOPATHIC REMEDIES
Administering the dose, Con't.

Page 2

For granules: Turn lid to break seal. Then turn vial upside down and turn the bottom until the required amount of granules comes out into the lid. Remove the lid, and carefully drop the granules into your mouth without touching them. **PLEASE NOTE:** If you have been given granules in an envelope, you must open the envelope by gently removing the tape holding the flap down, and tap the required amount of granules into a clean glass. Then you dump the granules into your mouth from the glass. In either case, you must allow the granules to dissolve in mouth. Do not swallow the granules.

When taking more than one type of homeopathic granule in vials, (more than one vial); you can take them together in most cases without a wait time between them. (Unless otherwise indicated.)

STORAGE CONSIDERATIONS: (These apply to herbal remedies as well.)

Store at room temperature in a shaded area away from light, heat, electrical appliances, strong odours such as camphor or eucalyptus, perfumes and direct sunlight. (Homeopathic remedies are destroyed by exposure to these elements.)

RADIATION: (These apply to herbal remedies as well.)

Avoid leaving remedies in direct sun.

Avoid intense heat or cold.

Avoid leaving remedies near electrical appliances/gadgets:

I.e.: Computers, microwaves, televisions, etc. (At least 1 – 2 meters away.)

Electric clocks, refrigerators, display type telephone (at least 1 meter away.)

Avoid airport scanning devices (pass the remedies around for a manual check – if you need, I can provide a letter stating you are taking herbs and homeopathic remedies for your health.)

RESTRICTIONS:

Food and Drink:

All remedies are to be taken "on a clean mouth", that is ideally 30 minutes before or after eating or drinking regular food/drinks. (If the ideal is hard to do, then at least 15 minutes before or after eating or drinking.)

Avoid: toothpaste, mint, coffee, tea, or anything that contains caffeine, camphor (i.e., Vick's vapour rub), or any strong smelling substances or herb teas (except fruit teas) for at least 30 minutes before or after taking a remedy. Again, the 15-minute rule applies if the 30-minute rule is too restricting for you.

REMEMBER THE IMPORTANT THING IS TO TAKE THE REMEDY. THE ABOVE INFORMATION IS TO HELP YOU UNDERSTAND HOW THE REMEDIES BEST ACCOMPLISH THEIR WORK. PLEASE ASK ME ANY QUESTIONS AS NEEDED.