

IMPORTANT GUIDELINES FOR MOST EFFECTIVE RESULTS

How to take the homeopathic remedies?

- **Carefully tip a tablet into the lid of the bottle.** If more one falls out, tip the others back so that only one remains. Tip it on to the palm of the person taking the remedy and then replace the lid on the bottle. You can touch your own tablets, but if you are giving the remedy to someone else try to avoid touching it.
- **Never put back tablets that have fallen out** on to the floor or anywhere else, or that you have given out and are unused. In so doing you may contaminate your stock. Always throw them away.
- **Soft tablets**, powders, sucrose, globules should be **dissolved under the tongue** where are absorbed into the bloodstream; if they are swallowed whole they become mixed with the stomach acids and work less effectively.
- **Globules/pallets/hard tablets** should be chewed, held in the mouth for a few seconds and then swallowed.
- **Liquid potencies** can be dropped on to the tongue or diluted with a little water and held in the mouth for a few seconds before swallowing.
- **It is preferable not to eat, drink (except water), smoke or brush your teeth for 10-20 minutes before and after taking a remedy** as this gives it the best possible chance of working, although in practice remedies given to toddlers who eat before and after still work well. The 10-minute gap makes sure that residues of food do not affect the action of the remedy.
- **Tablets for babies** can be crashed between two spoons and the powder dipped dry on the tongue. A little water can be added to the crashed tablet, or the tablet can be dissolved in a clean glass within a little water. Stir it vigorously and then give it as needed, a teaspoon at a time. Use plastic spoon and cup or if glass is used, scour the glass and the spoon with boiled water.
- **Do not use products that contain** camphor, such as Vicks, Noxzema, tiger Balm, Karmex, Blistex, Sea Breeze, Ben-gay, or anything that smells like these products.
- It is best if extensive **dental work**, like drilling and Grinding, would be avoided in the beginning of taking a remedy.
- **Avoid coffee** in the beginning of your treatment, if possible, or replace it with tea. However if coffee is very important to you, please discuss it with me. (In 99% of people coffee does not anti-dot the remedy, unless you are extremely sensitive to the substance of coffee).

Precautions and Storage

- **Store the remedy** out of direct sunlight and away from heat (above 120 degrees) or electric appliances. A cool dark cupboard is best. It should not be refrigerated.
- **Do not keep re-dosing more than prescribed** without contacting your homeopath for follow up appointments as progress must be noted and a new remedy may be indicated.
- When you travel try and not let it go through the x-ray machine. Tell them it is an energy medicine and they will let it be bypassed.

Before Your Follow Up Appointment

Please observe any changes you feel from the remedy, and if possible try to keep notes. Please remember that we are looking for an improvement in every level, emotional mental and physical. So you need to be observant about your symptoms before and after taking the remedy.

Also please remember that this is a healing procedure, and in essence your body is going through a repair period. We cannot rush healing and your body will take as long as it needs to completely repair and restore, according to the chronicity and severity of the ailment. So please be patient at this time and allow your body to gracefully go through healing.

Your follow-up appointment is extremely important in your healing progress, at this time I can evaluate the accuracy of your remedy, the degree of your healing and how I would be able to assist you further. So please makes sure that you do **have an appointment 4 to 6 weeks after your initial visit.**