

## **INTERFERENCE FACTORS WITH HOMEOPATHIC TREATMENT WHAT ANTIDOTES THE EFFECTS?**

Homeopathic remedies are energetic fields. Their action is sometimes accidentally canceled out by chemical or physiological influences in our environment. This is of particular importance when a remedy is taken for acute or symptomatic treatment. Remedies for chronic conditions usually continue to act even though the patient is exposed to an interfering factor. If not removed though, eventually the remedy will stop acting. When a remedy has been antidoted, another dose of the same remedy will resume its effect.

Homeopaths take advantage of the interference effect of substances such coffee or camphor should there be a need to antidote the action of a remedy during homeopathic treatment.

There are specific substances and exposures that can antidote homeopathic treatment. You will be given instructions on any additional substances to avoid while under homeopathic treatment that antidote specific remedies you may be taking. Keep in mind that no substance or physiological factor will antidote treatment under all circumstances. Also, it would be impossible to avoid all interfering exposure. Even though exposed, homeopathic treatment may still work. Try to avoid or remove known interfering factors as much as possible to optimize the effect of treatment, and to get the most for your money. The following exposures are known to counteract homeopathic treatment:

1. **COFFEE** - BOTH caffeinated or decaffeinated (teas containing caffeine such as ice tea and other caffeinated drinks will not antidote treatment).
2. **MINT** - of ANY KIND! (**peppermint, wintergreen, spearmint, lemon mint, etc.**) Found in ALL commercial toothpaste, mouthwashes, gum, tea, etc. Be careful with "natural" products. While we love them, many of them contain mint and other antidotal ingredients. ☹
3. **CAMPHOR** - found in nail polishes, some poison ivy lotions, vapor rubs, medications, etc.
4. **OTHER STRONG ODORS** including **menthol, eucalyptus/eucalyptol, thymol, tea tree** (be careful as many of these are found in products such as mouthwashes, vapor rubs, shampoos, cosmetics, etc), **ammonia, chlorine bleach, scented cleaning solutions** (like "Pinesol", "Tilex", "Windex", and so on)...
5. **PERFUMES/COLOGNES** including **scented products like: air-fresheners, candles, creams and lotions, laundry detergents, dryer sheets, hair styling products, cosmetics etc-** since ingredient lists for some of these products are "proprietary" information, anything is/could be in them. The fact is, we don't know. What we know is that people who wear fragrances during treatment show slower improvement of symptoms. We know that folks who are chemically sensitive already or who have weakened eliminatory organs will develop symptoms when they are around these types of products, sometimes they have neurological or endocrinological effect.
6. **CHAMOMILE** - often found in shampoo, conditioners, deodorants, soaps, lotions, cosmetics, teas, etc.
7. **AIRPLANE TRIPS** antidote treatment (they also destroy liquid homeopathic medicines, although those in pellet form seem to be OK after a flight).
8. **ULTRASOUND, X-RAYS, CAT/PET SCANS, MRI'S-** any invasive or imaging procedure can antidote the action of homeopathic drugs and destroy those stored in close proximity.
9. **MICROWAVES, CELL PHONES, CORDLESS PHONES WIRELESS DEVICES, GPS, SATELLITE SYSTEMS,** etc. - interfere with the action of homeopathic drugs in the body. We have seen in our practice that clients who continually use their cell phones, live in close proximity to cell phone towers, use wireless devices and/or who have cordless phones in their homes show much slower improvement of symptoms. This not only costs you more money, but has deep and adverse effects on your health, and can cause additional disorders ranging from tinnitus to cancer.
10. **ELECTRICAL, ELECTROMAGNETIC AND MAGNETIC FIELDS** (keep at least 6 feet away)
11. **DENTAL DRILLING** and other **HIGH SPEED VIBRATIONS** (such as **Ultrasonic/Electric toothbrushes**) antidote homeopathic treatment.
12. **CONVENTIONAL MEDICAL DRUGS** almost always interfere with homeopathic treatment.
13. Megavitamins and megaminerals, certain western, chinese and ayurvedic herbs, any medicinal substance, natural or unnatural.
14. Sudden stress, major trauma, and a new illness can **SOMETIMES** interfere with ongoing treatment .
15. Energy work and energy devices such as acupuncture, polarity therapy, Reiki, scener, lasers, etc.
16. Certain **OTHER HOMEOPATHIC REMEDIES** - please ask before you take any other remedies so we can cross reference.
17. **SOME FOODS-** this really depends on what remedies you are on. Please consult our staff.

Treatment is more easily antidoted in some people than in others. The duration of exposure, the magnitude and frequency of a magnetic field, radiation or vibration are all variants in whether or not the treatment is antidoted. When in doubt about the antidotal effects of specific substances or of other homeopathic remedies, consult your homeopath.

It will be easier as you go along. Remember, many people who are stagnating with their treatment often find that there is an antidotal factor somewhere in their lives- like their toothpaste, their shampoo, cosmetics, or other personal care product, etc. **READ LABELS**, be aware of your surroundings and perservere!