

GETTING STARTED WITH YOUR HOMEOPATHIC TREATMENT

This sheet contains general instructions for homeopathic treatment. Your specific, personalized instructions come with each package of remedies you receive in the mail.

Please call our office to go over the details!

MIXING YOUR MEDICINES

- The pre-labeled bottles contain one or more small pellets. Fill each bottle $\frac{3}{4}$ full with purified water or water/alcohol mixture.*
- If you order pellets only, your pellets come in small manila envelopes. Add ONE PELLET to a 1/2oz bottle, label, date and fill with purified water or water/alcohol mixture*. You may find a small spoon helpful to pick up the pellets.



WATER/ALCOHOL MIXTURE

Alcohol is not necessary. However, to keep liquid remedies fresh longer than 10 days, mix about 10% alcohol to 90% water. Use 100-proof (50%) or more clear/unflavored grain alcohol such as vodka, gin, "Everclear", etc. Organic Vodka is available in most areas. **Never use rubbing (isopropyl) alcohol.**

BEFORE TAKING YOUR MEDICINES...

Before taking each dose, **SUCCUSS** (shake/strike) bottle firmly 2-3 times against the palm of your hand.



DOSE DEPENDS ON SENSITIVITY

Succussing Remedy

Generally, a dose = 5 drops, unless you've been told otherwise.

Over time, your dose may change and is determined during each consultation.

Directions on when, how long & how often to take your medicines are provided after each consultation.

- **Drop Dose:** One dose = succuss, then take 1-5 drops of the remedy solution by mouth.
- **Olfactory Dose:** One dose = succuss, then take 1 "big sniff" from the remedy bottle.
- **Dosage Cups:** One dose = succuss, then take 1 "big sniff" from bottle, prepared according to special instructions, see "How To Dilute Your Remedies With Dosage Cups"

TIMING OF DOSES

Allow a minimum of 30 minutes between doses. It is preferable to spread your doses over the whole day. A span of 2 or more hours is preferred. **Timing instructions may differ for emergency/acute treatment.**



STORAGE & EXPIRATION DATES ON YOUR MEDICINES

Liquids: FOR MAXIMUM EFFECTIVENESS: PROTECT LIQUID MEDICINES by storing in a sturdy metal tin with a tight lid (one is sent in your first package). Also, keep medicines away from electrical appliances, outlets, cellphones, routers, anything plugged in, anything WIFI/cellular. Protect medicines from **freezing and from heat over 120°F/49°C. Do not refrigerate!**



- Liquid medicines preserved with alcohol can last up to 2 months, *if properly stored*.
- Remedies not preserved with alcohol will only last 10 days, especially in warmer climates.

Pellets: Pellets will last indefinitely if stored in cool, dry place, away from perfumes and strong smells.

WHAT CAN INTERFERE WITH YOUR HOMEOPATHIC TREATMENT?

Do your best to read the labels of the products you use or consume. To get the best out of homeopathic treatment, try to avoid the following. Remember, if you are occasionally exposed to one of these interferences, don't worry. **The next dose of your remedies will start the action over again.**

1. Camphor - found in nail polish, poison ivy lotions, vapor rubs, medicated rubs, etc. (caution: camphor can antidote/stop the action of some remedies for up to 3 days)
2. Coffee, caffeinated and decaf. (Black, white and green tea & kombucha is OK.)
3. Mints like peppermint, wintergreen, spearmint, lemon mint, etc. It's a common ingredient in toothpaste, mouthwash, gum, tea, lip balm, shampoo, etc.
4. Strong odors: menthol, eucalyptus\eucahyptol, thymol, tea tree (found in personal care products), strongly scented cleaning agents; most essential oils etc.
5. Chamomile - in shampoos, conditioners, deodorants, soaps, lotions, cosmetics, baby wipes, tea, etc.
6. X-rays, ultrasounds, dental drilling, high-speed vibrations and airplane trips
7. Medications, recreational drugs, etc.
8. Physical or emotional shocks or traumas (accidents, concussions, sudden relationship break-ups, death of loved one, being taken advantage of, etc)

RECORD KEEPING



Get a 3 ring-binder or notebook. Use it for:

1. Jotting down instructions given after each consultation,
2. Recording symptoms and other observations made between each consultation.

It's a great way to track your progress!

TIPS:

- When in doubt, call and ask! We're happy to answer questions.
- Always keep extra clean bottles on hand. You don't want to need a bottle and not have one!
- Remember – homeopathic remedies don't work if you don't take them!

CONGRATULATIONS!
YOU ARE ON THE ROAD TO RESTORING YOUR HEALTH.
WE ARE HAPPY TO BE A PART OF YOUR HEALING TEAM!