



TAKING THE REMEDY

After the consultation you will either pick up a remedy from our offices or it will be mailed to you. The remedy is in the form of tiny white medicated pellets in a small paper envelope or as a liquid in a 2 ounce dropper bottle depending on your needs and the decision of your homeopath. Included with the remedy are instructions on how to take it and answers to many other questions that may arise.

You may not be told the name of the chosen remedy in the beginning of the treatment to avoid influencing the reporting process. Many people want to research the remedy and its properties, which can have a negative effect on your report at the first follow up.

What is a dose?

In classical homeopathy combination remedies are not used, each dose is made from a single remedy. The typical dose is a single, one time, dry dose. The exception to the one time dose is in acute illnesses and the LM potency, which may be repeated more often.

When taking the single, dry dose, the exact number of pellets is not critical. Take whatever is in the package unless directed otherwise. If you drop some, don't worry about it as long as you get at least one pellet. Likewise, if they are crushed in the envelope, they are still good, and in that case you can even lick the envelope! The reason the number of pellets is not critical is that you are taking the "energy" of the medicine and not the actual material substance.

For Women: Do not take if you are expecting your period in a few days. Instead, take it on the fourth day of your period.

When taking the liquid medicine (the LM), you will find that the dropper only fills halfway when you squeeze it, so take two half droppersful as a single dose unless otherwise directed by your homeopath.

How to take your dose

Take the remedy in the morning at least 15 minutes before or after eating, drinking or brushing your teeth. This is so that nothing interferes with the absorption of the remedy in your mouth. Pour the pellets under the tongue directly from the package without touching them, and allow them to dissolve.