

HOW TO TAKE HOMEOPATHIC SINGLE REMEDY MEDICINE

Take _____ C: _____ pellets 1 time daily/2 times a day/ 3 times a day until you note a REACTION. Then repeat as needed.

Take the remedy 15 minutes before or after you eat or drink anything.

- *Put and hold the pellets under your tongue dissolving as much as possible.*
- *Put _____ pellets in a water bottle and add _____ ounces of water. Dissolve and stir or mix. Take _____ teaspoon daily. Hit bottle _____ times between doses. Store in cool area or add ½ teaspoon of vodka or brandy as preservative.*

REACTION

Taking a homeopathic remedy is like bringing light to a room. If the remedy is too potent, the strength of the “light” or remedy effect may exacerbate your symptoms.

Ideally you want a medium sized light that will start healing and not exacerbate your symptoms. Don’t increase the strength of the lighting (repeat a dose of remedy) when the “light” is too strong (exacerbations) or is giving you some warmth (positive mood or physical effects).

1. Symptoms may **temporarily worsen** or aggravate before improvement. The aggravation should usually be mild and subside in 24-48 hours followed by some kind of physical and/or mental improvement before a relapse of your symptoms. When you note that your symptoms are no longer improving, (no more “light” from the remedy) you can repeat a smaller dose to avoid this overreaction of remedy.
2. Symptoms or mood or energy may **significantly improve**. Only repeat remedy if relapse is noted for 2-3 days.
3. If you feel **no change** either mentally or physically, you should continue to take the remedy as directed above.

Many times after a correct remedy, you may have a **short lived return of old/previously felt symptoms**. Such symptoms usually had been suppressed in the past. As long as you feel better despite your problem, you should not repeat the remedy. Allow those symptoms to come to the surface.

If you develop a return of old symptoms that are uncomfortable or prolonged (over 2-3 days), please come back to the office for homeopathic evaluation.

If you develop any acute illness that is not life threatening, it would be beneficial to seek homeopathic treatment. This is important for continued improvement of your chronic condition and may actually speed up the healing process. It is your choice however if you prefer your conventional physician to make a conventional diagnosis and decide on the treatment you choose (homeopathic vs conventional medicine).

If you feel a symptom is life threatening, then please call 911 or seek conventional care.

If you note a **new symptom** that is **bothersome**, you may be on a remedy that is not the best fit for you. Hold the medicine and call the office at 440-334-6200 or email me at hpjane@gmail.com.

If you note a **new symptom**, but it is **not uncomfortable** and of **minor significance**, you can take the remedy as directed as long as you continue to note some improvement. Please call the office to confirm if you should stay on the remedy.

KEEP A DIARY OF YOUR PROGRESS note any remedy you took each day, pay attention to each complaint and mood and energy each day.

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