

HOW TO TAKE HOMEOPATHIC SINGLE REMEDY MEDICINE FOR CHRONIC CONDITION

Take your _____ C: _____ pellets _____. Take the medicine 15 minutes before or after you eat or drink anything.

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

Repeat the medicine until **any initial reaction** is experienced (see below)

INITIAL REACTION

- You may experience an *aggravation of your symptoms* that is usually mild within 24 hours of taking a remedy with a high degree of similarity. It may last from 24-72 hours. The aggravation may include feeling sleepy or tired, irritable or you may have a headache.
- Any *current symptoms may also be heightened* in intensity. The best thing to do is to go to bed early and rest. Avoid suppressing your symptoms with drugs.
- You may experience a *return of previous symptoms* that come to the surface within a week of starting the remedy or even the next day. These symptoms should not be suppressed with drugs, lotions etc. This is a healing reaction. Such symptoms should not last longer than one week. If they are uncomfortable, please come in to see me.
- You may note a *sense of well-being*: improved energy, sleep, appetite, digestion, menstrual cycle or mood after the aggravation or instead of an aggravation. This indicates that the body is beginning to operate better.

RECOVERY OF HEALTH

During this initial aggravation or soon afterwards you should notice **some symptoms** starting to improve and a general sense of well-being, improved energy and/ or improved sleep. Such improvement may wax and wane and you should continue healing over weeks or months if you are on the remedy with a high degree of similarity. Do not repeat the remedy at this time.

RELAPSE.....WHEN TO REPEAT THE DOSE

The sensation of improvement will come to a halt after some time.. This indicates a relapse. When you notice the relapse sensation **consistently** over a period of at least 2 days and it is not due to the waxing and waning of healing, it is time to repeat your dose. If nothing is done, your symptoms will return to baseline (feelings you had before starting your remedy).

PALLIATION

During homeopathic chronic treatment, it is preferable to avoid palliating (covering up your symptoms without addressing the cause) with drugs or skin applications (creams, lotions etc.). Before using any drug or medicinal cream, consult your homeopathic physician ...unless it is needed in an emergency or life threatening situation. Use of drugs may prevent the homeopathic physician from perceiving the natural course and expression of your condition by suppressing symptoms. If you are currently taking any medications, continue them as directed. As you improve, we may work with you to wean them, if and when appropriate.

DENTISTRY and ELECTIVE SURGERY

Dental work and surgery can antidote your reaction to the homeopathic remedy. Consult your homeopathic physician as to the best timing for such interventions.

ANTIDOTES

Any strong influences can antidote your remedy depending on YOUR susceptibility. Coffee or mint may or may not antidote your remedy. Emotional stressors or acute illnesses can antidote your remedy. This means that you will need to repeat the remedy more often in such cases.

OTHER SITUATIONS

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 440-290-7847 or my cell 440-334-6200..

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

If you **improvesignificantly for several weeksbut then get worse** while still taking the remedy, it could be because you need a higher POTENCY of the same medicine or a new remedy. Come in for an appointment to discuss.

If you are near the *end of your treatment*, the remedy begins to cause the same symptoms that it had helped you with in the beginning. This is called "proving" the remedy. Remember that these remedies can cause symptoms in healthy people.

If your symptoms **don't respond well to the remedy after 3 weeks**, you may need a new remedy or a higher strength/ potency. Potencies start at 6c and can be increased to 9c, 15 c, 30 c, or 200c for instance.