



## How To Take LM Potency:

---

*If you did not bring a bottle to the office. I will give you a few pellets of remedy.*

*In this case, you need to make your own remedy bottle with this pellet, as follows:*

*Take ONE pellet from the envelope (using a spoon or tweezers to pick it up)...not your fingers. Never touch your remedy pellets.*

**MAKE A REMEDY SOLUTION BOTTLE (RSB).**

- Get an empty glass or plastic **bottle** or empty jar
- add the one pellet
- add 2 ounces of distilled water or tap water
- add ½ teaspoon vodka as preservative OR keep this solution in a cool place.

This bottle or jar is your REMEDY SOLUTION BOTTLE (RSB).

Each day but only AS NEEDED, you will

1. SHAKE THE RSB BOTTLE 5 times
2. Take 1 teaspoon daily (or as directed by me in the office)

ONLY REPEAT YOUR REMEDY AS NEEDED. As you improve, you may note that you need the remedy less often.

You will probably need to change potency (from LM1 to LM2 and LM3 ) before you will no longer need the remedy. Some people need more or less change of potency before their complete improvement.

### **What to do in case of aggravations:**

An aggravation is when your condition worsens temporarily. This may happen with a dose that is too large for you. If this happens, you can expect an improvement after a few hours or days. When the improvement is no longer present, your original symptoms will return. Learn how many days it took for improvement and adjust the frequency of repetition to avoid the return of original symptoms. To lessen or avoid an aggravation for your next dose, you should decrease the amount of solution you take from the bottle by at least 50%. Adjust as needed.

### **What to do if nothing different is noticed:**

Continue the remedy daily.

### **What to do if you improve:**

Continue to take the remedy only when you feel the effect of the remedy is wearing off or as necessary to avoid remedy effect from wearing off.

### **What to do if you get a return of an old symptom that you had in the past.**

You can expect a return of old symptoms in a few hours-48 hours after your dose. It is a good sign. Do not suppress these symptoms with creams or drugs..unless life-threatening. The symptoms should be milder than a previous flare from the past and should clear quicker than the previous flare you had experienced in the past. Rarely, it may last for a prolonged period of time.

A flare up due to a remedy is not life threatening but flare ups can be life threatening if they were to come independent of the remedy (especially if the remedy was not doing much for you in the first place). In other words, you could be having a flare up that you would have had without even having taken the remedy.

If it does not clear fast enough for you or is very uncomfortable, please make another appointment to see if we can prescribe an acute homeopathic remedy that is appropriate for you.

If life threatening, call 911. Once you are stable, come to the office for homeopathic medicine.

### **What to do if you experience a new and troublesome symptom that you never had before:**

If it is life-threatening, call 911. Once you are stable, come to the office for homeopathic medicine.

Homeopathic medicine does not cause life threatening illness. Our medicine is safe and energetic in nature.

Homeopathic medicine can bring on symptoms that come from *within you* that you may never had experienced before. If it is uncomfortable and is a NEW symptom that you never experienced before, it means that the medicine was not a best fit for you but can help point us to the more correct medicine for you.

Please come to the clinic for a possible change in remedy.

### **What do do when your remedy was working well but stops working.**

At some point your remedy that was working well for you will stop working. If this happens, it may be time to change the potency of the remedy or change your remedy. Come into the office to discuss.

**Always make a 6 weeks follow up** appointment to discuss your progress and and discuss how long you need to continue the remedy.