



## INSTRUCTIONS

What to expect after you take a remedy for your chronic problem(s):

1. **IMPROVEMENT** of your condition of at least 40 % should occur after a remedy of high degree of similarity. If you note an improvement in your symptoms by at least 40 %, improvement in mood, energy, OR a greater sense of well-being, do not repeat your remedy. If you have better sleep, better energy and/or better mood but no improvement in symptoms, do not repeat your remedy. You may repeat the remedy only when you note that the significant improvement gained is no longer holding. Are you still experiencing these improvements since the remedy was taken or are you relapsing? Repeat the remedy when you note significant relapse.

When you figure out how often to repeat the remedy to prevent relapse, there will be a point when your remedy will no longer work as well. This may mean one of the following:

- you need more remedy because of stress in your life
- you need a different potency of the same remedy
- you need a different remedy

Make a follow up appointment to evaluate.

2. An **AGGRAVATION** should occur after your dose involving any or several of your current complaints. This usually means that you are on a good remedy. An ideal aggravation is short-lived and mild, lasting minutes to 1-3 days and should begin within minutes to 24 hours of taking the remedy. If this aggravation is too strong or uncomfortable, call me to discuss. Dosing can be adjusted.
3. **NEW SYMPTOMS** may arise after a dose of a remedy. If new symptoms occur, it may mean that you are very sensitive and are “proving” the remedy. These symptoms should either be short-lived or mild. If you feel persistent or uncomfortable from these new symptoms, let me know. Some new symptoms can be signs of healing (cold, skin rash, dreams, emotional changes) and are necessary. Please call me to discuss these symptoms if you are not sure of the significance. If you experience an acute disease while on homeopathic medicine, it is better to treat your symptoms with homeopathy unless it is an emergency. When you suppress your symptoms with creams or conventional drugs, you will cause your illness to relapse again.
4. **RETURN OF PREVIOUS SYMPTOMS FROM THE PAST** may occur after a period of time after a remedy of high degree of similarity. This is a great sign. This symptom should be

short lived (though at times maybe longer, a week). It should be milder in force. If it is too uncomfortable, let me know and I will tell you how to alleviate this condition.

5. NO CHANGE at all. You may be a person who reacts less strongly to remedies especially if on suppressive drug therapies. Continue to repeat the dose as instructed for 3 days. If still no reaction, call me.

#### OTHER INSTRUCTIONS

Daily review your DIARY CHART (see my website in FORMS) to spend some time reviewing your progress. This is important. You are part of this healing process. Adjustments are made for you as a unique person.

Call or email me in a few days to let me know your progress: **440-334-6200**

Be sure to schedule a follow-up appointment in 4 weeks. As you become stable and know what to do with your remedy, you will not need to see me more than every 3-6 months.

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