

HOW TO TAKE HOMEOPATHIC MEDICINES

Homeopathy is an elaborate system of medicine that uses remedies derived from natural substances to assist your body in restoring normal physiology and attaining balance. It has the capacity to affect all levels of your well being from the physical to the emotional, and it works to enhance your health so that symptoms are no longer a necessary signal of continuing disharmony. At Heart Spring Health we find homeopathy to be exceptionally powerful and easy to use. Here are some helpful instructions and tips.

SOME GENERAL POINTERS

- Remember that homeopathy is very safe. You need not worry about it interacting negatively with other medications you may be taking. It is gentle, yet powerful—a great combination!
- *It is generally advisable to take homeopathic medications at least 20 minutes away from other food, drinks, and strong toothpastes (unless you've purchased a toothpaste without mint designed to take with homeopathic remedies, these toothpastes are found in a grocery stores like food co-ops, new seasons, & whole foods).*
- Remedies are best stored sealed, in a room temperature environment away from direct sunlight.
- It's a good idea to keep homeopathics away from strong smelling substances such as cough drops, essential oils, perfumes, liniments and the like.
- HOMEOPATHIC DOSING: A dose of a homeopathic remedy is counted not by the # of pellets but rather by the number of times the remedy has been taken. When you are instructed to take a single dose: take all the pellets given (usually in a small envelope) at one time, throw the envelope away and do not take any more homeopathic remedies until you have been instructed to by your homeopath.
- TRAVELING WITH YOUR MEDICINES: Our research tells us that airport x-ray machines do not harm homeopathics. You can feel at ease placing them in your carry-on or checked baggage.

INSTRUCTIONS FOR TAKING YOUR HOMEOPATHIC MEDICINES

For LIQUID remedies:

1. Your physician will advise you on each remedy's dosage. Some medicines are best taken in the morning or evening, while others are optimally taken spread somewhat evenly through the day.
2. Simply invert the bottles and allow the drops to fall directly into your mouth. You can hold them in your mouth a few moments before swallowing.
3. Regarding UNDA numbered remedies, it's ideal to take them all at the same time, one after the other straight into your mouth.
4. Sometimes it can be hard to get drops to come out, especially from new bottles. If you tap the base of the bottle firmly on the palm of your hand a few times that generally frees things up.
5. Sometimes the bottle displays indications that are different than the reason you might be taking or seeking help. Please do not be alarmed. Medicines are required by law to list at least a couple things that they are used for but the reality of homeopathic medicines is that they are useful for a wide variety of ailments. The remedy selection is based on symptoms only in part; so the use of the symptoms listed on the label as a guide is actually an incorrect application of the remedy, results will often not be satisfying or be confusing, please consult a health professional trained in homeopathic remedy selection.

For remedies that come in PELLET form:

1. It's generally best not to handle the medicines directly...until they touch your mouth! These remedies usually come in a small tube, with a cap that rotates. Or as a single dose in a paper envelope. If you've gotten the tube simply turn the tube upside down and rotate the cap to allow the correct number of pellets to be dispensed into the cap.
2. Then, wiggle the cap off of the tube (Don't worry—no more pellets will come out.) and tip the pellets from it into your mouth.
3. Allow the pellets to dissolve. Please do not chew them or swallow them, experience tells us that they work best when allowed to dissolve in your mouth over a few minutes time.

PLEASE FEEL FREE TO CALL THE CLINIC IF YOU HAVE ANY QUESTIONS. WE'RE HERE TO HELP