General Rules For Taking Homeopathic Remedies

While taking homeopathic remedies, the following substances should be avoided, since they can interfere with the absorption and effectiveness of the remedies:

**NICOTINE** and **CAFFEINE** in any form (coffee, chocolate, carbonated drinks, etc.). Even drinks and teas labeled "decaffeinated" can have some trace amounts of caffeine present.

**MINT** in any form (candy, chewing gum, toothpaste, mouthwash, etc.). Note: we do NOT recommend that you stop brushing your teeth! Simply switch to a non-mint toothpaste.

**CAMPHOR, MENTHOL, EUCALYPTUS** (lip balms, throat lozenges, moth balls, etc.) and any other substance, especially **SOLVENTS** that would give off strong fumes of any kind.

**RAW GARLIC** should be avoided for at least one hour before and after taking any remedies.

Nothing should be taken into the mouth for at least ten minutes before and after taking homeopathics. Liquitrophics may be taken with meals, mixed with water or juice if necessary.

Hold liquid remedies under the tongue for at least ten seconds before swallowing. Tablets should be held under the tongue (not chewed) until completely dissolved. Liquitrophics may be swallowed immediately.

The best way to take several homeopathics is about one minute apart from each other; however, they can be taken together if necessary. Liquitrophics can always be combined together, but they should be taken at least 20 minutes apart from other homeopathics.

If you are sensitive to alcohol, you may evaporate the alcohol from your remedies by placing the recommended dose in about two ounces of purified warm water. Allow it to set for a few minutes to allow the alcohol to dissipate before taking.

If you are unable to take your remedies by mouth for any reason (dental surgery, etc.), you may still take them by rubbing the drops into the palm side of your wrist.

All homeopathics should be stored in a cool dry place, but not a refrigerator. Only the B- and Lipid-Liquitrophics need to be refrigerated to prevent spoilage. Properly stored homeopathic remedies can last indefinitely.

Keep all remedies away from extended periods in direct sunlight and excessive heat (120° F). Avoid metal, electrical appliances, magnetic devices, X-rays and microwaves (never store your remedies in a direct line with the front, back or sides of your microwave!). Metal detectors are not known to be harmful to homeopathic preparations.

Homeopathic remedies have no known side effects when used in conjunction with prescription and over-the-counter drugs, and other treatments. On the other hand, it is possible for some drugs to mask the full symptom picture, and to reduce the effectiveness of homeopathic remedies. **Never advise a client on the use of their prescription medications**—**unless you are the physician who prescribed them**!

Don't Worry—Be Prepared!

While homeopathic remedies have been considered safe and effective for hundreds of years, it is possible that they may initially intensify your current symptoms, or cause old symptoms to reappear. This is often referred to as the "healing crisis", a very important expression of your body's normal detoxification process. Not everyone experiences a healing crisis; those that do must understand that it is a temporary but necessary step toward restoring balance. We say "necessary" because sometimes it is the most effective means of detoxifying the body. Still, the process can be demanding, and therefore somewhat stressful. We believe in "harmony in moderation", and that balance is best attained by taking the remedies at dosages that stimulate the healing process, but do not cause undue discomfort.

Typically, symptoms related to homeopathics will either appear or get worse within two or three days of the first dose. It is rare that symptoms arising after this time will be a direct result of the remedies. If you feel that they are related, you may quickly "antidote" the remedies (often within minutes) by consuming a small quantity of caffeine in the form of diluted coffee or cocoa. You can also simply stop taking the remedies altogether. Any symptoms caused by them should disappear in a day or two. If your symptoms do not subside, chances are the homeopathics are not a direct cause, and no harm would come from continuing to take them.

If you determine that your remedies do cause your symptoms to appear or worsen, we suggest that you try taking your remedies at **half the original dose**. If your symptoms still persist, you may cut the dose in half again, and continue cutting the dose down to just one or two drops per day, if necessary. Remember, the goal is to find the right dose that will **stimulate** but not **aggravate**.