

Guidelines for using and storing homeopathy

- Choose your remedy based on as many strong or characteristic symptoms of the person as possible. Ie the whole picture of the person
- Make sure at least one key note (main point) of the remedy is included
- Choose the potency of the remedy according to the degree of seriousness as well as what you have on hand
 - 30C for acute and serious down to
 - 12C for acute but less serious down to
 - 6C for not so serious
- Depending on the urgency of the situation, give
 - 1 dose every 5 - 15 minutes if pain is severe
 - 1 dose every 30 mins to 1 hour if less urgent
 - 1 dose every 2 - 4 hours for slowly developing situations
- The remedy can be taken directly under the tongue and left to dissolve, or it can be sucked, or it can be dissolved in water and a teaspoonful given as a dose
- Ideally give the remedy on a "clean" mouth (no food or drink except for water 10 minutes either side of the remedy)
- Don't put tablets back if they have been touched or spilled
- Stop giving the remedy on improvement
- Repeat a remedy that has helped if the symptoms return
- Reassess the remedy if you have given 6 doses and there is no improvement

Seek professional help

- If you have to keep repeating the remedy
- If the remedy you chose doesn't seem to help
- If the symptoms are long standing, recurrent, or severe

Storage of Remedies

- Keep your remedies in a cool dark place, away from strong smells (eg eucalyptus or essential oils), perfume or sunlight

- Always keep the medicines in the container that they came in
- Avoid touching any tablets or pillules that you don't intend using at the moment, and don't replace any that come out of the container they came in