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CARE IN HANDLING AND TAKING HOMEOPATHIC REMEDIES

IMPORTANT: NEVER FOLLOW THE DOSING INSTRUCTIONS ON THE VIAL OF A HOMEOPATHIC REMEDY. The optimal frequency for re-dosing varies considerably from patient to patient. Dr. Penny has given you a dosing regimen specific to you at this time.

If your instructions are to take a homeopathic remedy once, that really means take it only once, NOT once a day, REALLY JUST ONCE. Then you wait to see how the remedy effects unfold over time. Sometimes one dose is enough to trigger the shift back to healthy balance.

TAKING THE REMEDY MORE OFTEN THAN NEEDED CAN MAKE THE PROBLEM WORSE. If your treatment regimen takes you into balance, and then you take extra doses, the resulting imbalance may reproduce the symptoms you were being treated for. This makes it difficult to assess whether you need more of the remedy, or have taken too much.

Ideally taking the remedy causes the symptoms to disappear, and the remedy is only taken again **IF AND WHEN THE SYMPTOMS HAVE DEFINITELY STARTED TO RECUR.** If in doubt, wait a little while (maybe minutes or a few hours) to check whether the symptoms are definitely back.

If you take a remedy only when symptoms dictate the need, and each time you take it the symptoms go away, you are taking the remedy correctly.

Homeopathic remedies require special handling and storage to preserve their power and prevent them becoming inert due to contamination.

They should always be kept in the container in which they are supplied and never transferred to any other box, bottle etc. which has contained other substances or which has any scent.

They should always be kept away from strong light, from great heat and from strong electrical currents. It is especially important that they are kept away from microwaves and from strong odours or perfumes, for example camphor, menthol, moth balls, carbolice soap, essential oils. If traveling by air, take them in hand luggage.

If stocks of remedies are kept, it is important not to open more than one remedy at a time because of the risk of cross-potentiation and spoiling of the remedies.

Also the container should be opened for the minimum time required and care taken not to allow contamination of the lid or cap before replacement.

The remedies are usually supplied in the form of pellets or liquids. Pellets should be tipped into the lid of their container and then tipped directly under the tongue. Liquids should be dropped straight onto the tongue or sprayed into the mouth. Any pellets or fluid that fall elsewhere must on no account be returned to the container, but should be discarded. To put them back would risk contamination of the remainder.

Pellets and pills should not be sucked like candies but simply allowed to dissolve completely. Drops should be held in the mouth for several seconds before swallowing.

The dose should be put into "a clean mouth". It should not be taken until the mouth is free from the effects of food, drink, tobacco smoke, toothpaste, coffee, mouthwash, chewing gum etc. A good general rule to remember is that the remedies should not be taken within half an hour before or one hour after eating. This is especially important for remedies that are only taken once, and those which are taken infrequently, e.g. once per week or month. The minimum time recommended is fifteen minutes for remedies taken daily. No water need be taken to "wash down the remedy": absorption takes place in the mouth.

In addition, if you smell strong smells such as camphor, eucalyptus, menthol, tiger balm, Vic's vapo-rub or even to some extent, strong tea tree oil, this can antidote the effects of a remedy that you have taken, even weeks after you took it, if it is still working to keep you in balance. THIS INCLUDES ALL "ICE-MINT" TYPE GUMS AND MOST COUGH CANDIES AND LOZENGES, AND SEVERAL ESSENTIAL OIL BLENDS INCLUDING "THIEVES OIL". If the particular remedy you are taking requires you, in addition, to avoid something specific, such as mint or coffee, I will tell you.

Sometimes the remedy has to be taken in water. The cup, glass or spoon used should be cleansed before further use with another remedy, either by the dry heat of an oven for half an hour, microwaving for a minute, or washing well e.g. in a dishwasher.

For children under the age of two years, pellets should be dissolved in a little clean water, not tap water. A clean spoon or dropper can be used to give the child a half a teaspoonful to a teaspoonful of the fluid once. Discard any remaining water containing the remedy.

For those who are intolerant of alcohol, the following handling will remove the majority of the alcohol and the risk of reaction, without destroying the remedy:

- 1) Fill a glass shot glass with boiling water. The heavier the glass the better as it will hold the heat longer.
- 2) After the hot water has heated the glass, empty and refill.
- 3) Place the required number of drops of the remedy into the hot water and allow to stand until cooled.

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