

## INSTRUCTIONS FOR TAKING HOMEOPATHIC REMEDIES

Please take your remedy under your tongue when you haven't eaten for at least 15 minutes. If you desire, you can eat or drink within a few minutes after it has dissolved.

Try not to touch the remedy with your fingers. A clean spoon or the cap of the remedy bottle is often the easiest way to dispense a remedy. Never put a remedy in a previously used container of any kind, unless the container has been boiled first.

At your follow-up visit we will decide what to do next. It is important that we follow up together, regardless of how much or how little has changed so far.

To help homeopathic treatment work best for you, please avoid the following things, including skin contact or exposing yourself to the strong smell of some of them. (They can reverse the benefits of a remedy even months after you have taken it):

1. If you have received constitutional or long term treatment, don't take homeopathic remedies besides what you've received from us. It can confuse the picture and disrupt the process of getting better. Please call if you feel you need to take a remedy for something else.
2. Mint, menthol, eucalyptus, and camphor, which are present in many things, including toothpaste, mouthwash, Chapstick, lip balms, cold sore medications, muscle rubs, most nail polishes (careful use in a ventilated area is okay for nail polish), moth balls, some couch drops, Ben-Gay, Blistex, Campho-Phenique, Carmex, Mentholatum, Vicks, Icy Hot, Noxzema, Mexsana, Tiger Balm, etc.
3. Coffee and things made from coffee such as decaffeinated coffee, kahlua, etc. (Caffeine is not the antidote; another part of the coffee is.)
4. Skin preparations that contain cortisone and its derivatives, and topical anti-fungal agents.
5. Chamomile in teas (on the skin is O.K.).
6. Avoid prescription and non-prescription drugs if you are able to. By hiding or altering symptoms and giving symptoms of their own ("side effects") they make it more difficult to determine the correct remedy for you. Also, they sometimes antidote homeopathic remedies. Discuss any questions with us.
7. Marijuana, cocaine, and other "recreational" drugs.

Vitamins and minerals as supplements to the diet are not a problem.

Feel free to discuss any of this with us. Call us first if any health situation comes up before your next scheduled appointment.