

## INSTRUCTIONS FOR USE OF DRY HOMEOPATHIC REMEDIES

Certain environmental factors may prevent or hinder the action of homeopathic remedies.

Please read the following instructions carefully. Call me with questions.

### WHEN TAKING THE REMEDY:

1. **DO NOT OPEN THE REMEDIES IN DIRECT SUNLIGHT!**
2. **Avoid touching the remedy:** Make sure that your hands are free of strong odors. Shake the dry pellets directly into your mouth, into a metal spoon, or into the cap then into your mouth. Let it dissolve under your tongue.
3. **The mouth should be substance free.** The mouth should be free from food, liquid, gum, mouthwash, toothpaste for 30 minutes before and 15 minutes after taking the remedy. In acute situations, rinse your mouth with water if it is not possible to adhere to this.
4. **Protect the remedy.** Direct sunlight, heat over 110 degrees (such as in a car in summer) and strong odors will often destroy a remedy even before you take it.
5. **Discard spilled or transferred remedy.** If some remedy should spill from its container, do not return it to the container, discard it. Do not transfer the remedy to other containers or bottles that contained other substances. Do not reuse the containers or bottles that are empty as they often still carry the properties of the remedy.

### REMEDIES MAY BE ANTIDOTED BY:

1. **Coffee:** Coffee frequently antidotes homeopathic remedies, occasionally after one cup. It is best to try to avoid coffee. If you are going to continue drinking coffee please let me know as that may alter the effectiveness of your remedy.
2. **Camphor, Tea Tree Oil, or Melaleuca:** Skin or mucous membrane applications or the smell of these products may antidote your remedy. Avoid anything that has significant amounts of these products in them such as deep-heat rubs, liniments, Vicks, Ben Gay, Tiger Balm, Noxema, Carmex, Blistex, Sea Breeze, some massage compounds, some Chinese candies, most cough lozenges. Cone type incense contains camphor and should be avoided. Mint flavored products such as toothpaste, gum and soap can be used unless I tell you to specifically avoid them.
3. **Anything to which you are particularly sensitive:** Avoid any food, chemical, or substance which you know causes you to have severe reactions. Examples might be: hives or rash after certain foods, odors that make you feel faint, things causing you to have asthma. Moderate use of alcohol, tobacco, or recreational drugs do not generally interfere as long as there is no sensitivity. However, marijuana may antidote certain remedies.
4. **Electric Blankets, waterbed heaters, electric mattress pads and heating pads:** You can use them to heat up your bed but do not sleep under or on them when they are turned on.
5. **Routine dental work:** Having your teeth cleaned is OK and does not cause problems. However, actual drilling and perhaps chemicals used in dental work often antidote homeopathic remedies. Please let me know before you have any dental work done other than simple cleaning.
6. **Prescription Drugs or herbal medicines:** Prescription drugs and some herbal medicines are designed to remove specific symptoms without much regard to the person as a whole. This approach often leads to suppression of the symptoms and could antidote homeopathic remedies. Please tell me about all drugs, strong herbs, diet pills, birth control pills, etc. that you are taking. Under no circumstances should you stop taking prescription drugs without consulting your physician and informing your homeopath. Occasional Aspirin or Tylenol is OK.
7. **Skin medicines:** It is common for homeopathic treatment to bring back old skin symptoms. This is usually a healing response. Please do not use locally applied medicine of any kind, especially topical steroids without first talking to me.