

**INSTRUCTIONS FOR USE OF LIQUID (LM) HOMEOPATHIC REMEDIES**  
Certain environmental factors may prevent or hinder the action of homeopathic remedies.  
Please read the following instructions carefully. Call me with questions.

1. Take drops from the stock bottle and add to half a cup of distilled water. Stir vigorously.
2. Take one teaspoon orally. Discard the rest of the glass.
3. Do not eat or drink for 10 minutes before and 10 minutes after taking the remedy.
4. Before the second dose, and with all subsequent doses, 'succuss' the bottle by pounding the bottle on a book 10 times.
5. Take the remedy as follows:
6. Repeat this process daily or as instructed above: succuss the bottle, put drops in water, take a teaspoon of the water mixture, throw the rest away.
7. This remedy should last for six to eight weeks if you are taking it every day. If no follow up has been scheduled at the end of six weeks, call me to schedule a follow up and talk about increasing the dosage.
8. We can alter the strength of liquid (LM) remedies if we feel it is acting too strongly or not strongly enough. If it is too strong, you may feel wound up or energetic or you could have an aggravation of your current symptoms. We can talk about adjusting the remedy by taking it more or less often or we can vary the drops. Please be in communication with me so we can find what is best for you.

**IMPORTANT:**

**Call me if you develop any new symptoms or your old symptoms get worse. If you need emergency care, call your medical physician. Continue any previously prescribed medication you have been taking as before unless you have discussed changes with your doctor.**

**REMEDIES MAY BE ANTIDOTED BY:**

1. **Coffee:** Coffee frequently antidotes homeopathic remedies. 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 them when they are turned on.
5. **Skin medicines:** It is common that 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 me.