

## **Instructions for Taking Your Remedies**

The remedy should be taken when the mouth is relatively clean because it will be taken in through the mucous membranes of the mouth, this is best accomplished if it is unencumbered by the aroma of strong foods. Substances that can interfere with this absorption are those with strong smells or oils such as peppermint (in some teas, candies or gums) coffee (there is an oil on the coffee bean) or eucalyptus (used in throat lozenges)

If you have had any strong flavors in your mouth, it is suggested that you wait 15-30 minutes before taking a remedy to ensure that it is properly absorbed by the system. However, in an emergency, all rules are suspended. You may repeat the remedy as often as needed, regardless of whether or not you, or the person needing the remedy, has recently been eating.

It is best if the water used in making or taking the remedy is well filtered or is from a bottled source, but this is not essential.

### **Droppers**

Take one drop (not one dropper-full) of the remedy as indicated by your homeopath. Ideally you should not touch the glass dropper to your lips, teeth or tongue as this could bring bacteria into the bottle. When we prepare a dropper, we use a bit of vodka to keep the water more sterile, in an effort to prevent accidental bacterial contamination. Succuss the dropper (bang on the palm of your hand) 2-3 times before taking each dose.

### **Powders**

You can take the powder simply by opening the little packet and tipping the contents into your mouth, or licking it off the paper if it sticks.

The powdered remedies can also be taken on a teaspoon with water. The easiest way to accomplish this is to scrape the powder off the paper with a spoon, then add a few drops of water onto that spoon and put the remedy into your mouth. Hold the remedy in your mouth for a few seconds before swallowing – this ensures that it has touched the mucous membranes of the mouth, where it can be absorbed.

Some powders are meant to be taken on consecutive days. Each little folded paper will be numbered, and instructions will be written on the outside of the larger yellow envelope. Most usually, the instruction is to take the powders in order as marked, often over either 2 or 3 nights.

### **Sipping In Water**

Occasionally you will have a remedy that needs to be repeated more frequently, usually one for physical trauma or an emotional upset. In this case, put one drop of the remedy (or the entire powder, as the case may be) into a glass or bottle of water. Now you have gentle access to the remedy and can sip on it as often as your practitioner advises. When you take a sip, it is best to hold it in your mouth for a moment before swallowing so it can fully touch the mucous membranes of the mouth.

### **Storage of Remedies**

Homeopathic remedies are bio-energetic in nature, and not bio-chemical, so they should not be stored near anything that is electro-magnetic. This can include, but is not limited to: storing them near clock radios and alarm clocks, on top of refrigerators, and near or on computers.

They are best kept out of the kitchen where they may be opened in the presence of strong cooking odors, and in the bathroom where medicine cabinets are usually located under lighting units with wiring right behind them in the wall. Avoid storing them next to perfumes and colognes.

Often the safest place to store remedies is in the bedroom, on a bureau or in a drawer (but not near lamps or clocks) or in your purse if you carry one, which is particularly useful for those remedies you may need to access more frequently.

Remedies should not be kept in direct sunlight, nor should they be exposed to extreme heat or cold for long periods of time.

### **Traveling With Your Remedies**

Remedies are bio-energetic so it is best that they are not passed through the x-ray equipment used in airports.

If airport personnel are open to a hand inspection of the remedies and passing them around the x-ray machine, then this is your best choice. If not, you can keep them in your coat pocket and simply walk through the detection arch, this is the less invasive option. Putting your remedies in your carry-on or checked luggage exposes them to more intense x-rays.

X-rays are not necessarily harmful to remedies with a single exposure, but as is the case with living beings, their effects can be cumulative. If you are a frequent traveler, try to have the remedies hand-checked as often as possible. This is particularly important if you have invested in a small remedy kit.

One of the best resources for a small 50-Rx kit, ideal for home emergencies, is from Natural Health Supply [nhs@a2zhomeopathy.com](mailto:nhs@a2zhomeopathy.com) (888) 689-1608 or (505) 474-9175 6410 Avenida Christina, Santa Fe, NM 87505

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