

Julie OBrien - Classical Homeopath

Instructions for use of Homeopathic Remedies

Homeopathic medicines can have a powerful effect when properly chosen and given at the correct time. Certain environmental factors may, however, prevent or hinder their action. Please read the following instructions carefully.

Taking the Remedy:

- **Avoid touching the remedy:**

Make sure that your hands are free of strong odors. Shake pellets directly into your mouth, use a metal spoon, or pour pellets into the cap, then into your mouth. Let the pellets dissolve on or under your tongue for a minute or so before swallowing.

- **The mouth should be substance free:**

When taking the medicine, the mouth should be free from food, liquid, gum, toothpaste, mouthwash, etc. for **fifteen minutes before and fifteen minutes after**. In acute situations, rinse your mouth very well with water if it is not possible to adhere to this.

- **Protect the remedy:**

Direct sunlight, heat over 110 degrees (such as a car in the summer) and strong odors will often destroy a medicine before you even take it. Avoid wearing perfume, cologne, or strong essential oils when you take a remedy.

- **Discard spilled or transferred remedy:**

If, by accident, some remedy should spill from its container, do not return it to the container. Discard it. Do not transfer the medicine to other containers or bottles that have contained other substances. Do not reuse the containers when they are empty as they may still carry medicinal properties.

- **Storing your remedy**

Do not store the remedy near or in the sunlight, near electrical currents, microwave ovens, televisions, cell phones, tablets, laptops or computers.

Things to Avoid/Consult Your Practitioner About:

● **Coffee:**

Coffee can potentially reduce the effect of some homeopathic remedies. Please consult your practitioner regarding recommendations on coffee intake while using homeopathic remedies.

● **Camphor/Menthol:**

Camphor/menthol may antidote homeopathic medications. Avoid anything that has significant amounts of camphor, such as deep-heat rubs, (i.e.- Vicks, BenGay, Tiger Balm, etc) many lip balms (Chapstick, Blistex, etc.), most cough lozenges, and others. Mint flavored toothpaste, gum and soap can be used, unless your practitioner specifically tells you to avoid them.

● **Anything to which you are particularly sensitive:**

Avoid any food, chemical, perfume or other substance which cause you severe reactions - i.e. - hives, skin eruptions, asthmas, etc. Moderate use of alcohol, tobacco, or recreational drugs does not generally interfere as long as there is no special sensitivity (i.e. - no strong reaction from a single sip or puff). However, marijuana may antidote certain medicines.

● **Routine Dental Work:**

Cleaning of teeth is okay and does not cause a problem. Drilling and the chemicals used in dental work often will antidote homeopathic medicines. Please consult with your practitioner before you have any dental work other than a cleaning.

● **Allopathic Drugs:**

Please tell your practitioner about all drugs, strong herbs, diet pills, birth control pills etc. that you are taking. Under no circumstances should you stop strong allopathic drugs without first consulting your homeopathic practitioner. An occasional Tylenol or aspirin will not cause a problem.

● **Skin medicines:**

It is not uncommon for homeopathic medicines to bring back old skin symptoms. Please do not use locally applied medicine of any kind without first talking to your practitioner. This is especially true of topical steroids.