



## Directions for Taking Homeopathic Medicines

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### **Pellets (white globules)**

Dispense two or three pellets from the medicine container. Most containers use a “twist cap” mechanism – twist the cap, and a pellet will fall out. Do not handle the pellets. Pour the pellets from the cap into your mouth. If the container does not come with a dispenser or separate cap, pour the pellets onto a clean piece of paper (fold and hold like a funnel) and let the pellets roll into the mouth.

Let the pellets dissolve completely under the tongue.

Always take the remedy at least 15 minutes away from other medicines, foods, drinks, or anything that may leave a residual taste in your mouth. It is important to take homeopathic medicines alone, as the flavor of other substances may nullify the effect of the homeopathic medicine. You may take other supplements with water before placing the homeopathic remedy in your mouth.

Small children: Put the pellets into 1-2 ounces of distilled water (or RO – reverse osmosis water) in a glass (preferably not plastic). Let the pellets sit for 10-15 minutes. Swirl or stir the water (with a metal spoon) in a clockwise direction. Give 1 tsp. of the water (now containing the medicine) as a dose.



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### Liquid homeopathic medicines

The recommended dose of drops can be placed directly into your mouth. You can also put them onto a metal spoon or glass and then pour them into your mouth. If you have several medicines to take at the same time, mix them together and take them as one dose.

These medicines are mixed/preserved in an alcohol/water mix, children and some adults may be sensitive to having the alcohol in their mouth. In these cases, mix the medicines in distilled (or RO) water or diluted juice, and then drink or sip the mixture.

Try to hold these medicines in your mouth for 15-30 seconds before swallowing.

The liquid (complex) homeopathics are often recommended to be taken 3 times per day. If you are “forgetting” doses, these two suggestions may help:

- a) Place the full days dose of each medicine in a bottle (a preferably stainless steel drinking bottle) and mix with distilled (or RO) water. Sip this mixture over the day, which also helps you increase your water intake.
- b) If you are using Unna medicines: you may take two doses at the same time. Do not mix all of the drops; rather, take one dose (typically 15 drops combined from 3 medicines), and then take the next dose 1-2 minutes later. While it seems unorthodox, it has proven an effective option and helps avoid missing a dose.



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### In General

1. Do not eat or drink anything for 15 minutes before and after taking the remedy.
2. Do not brush your teeth or chew gum for 30 minutes before or after taking the remedy.
3. Generally, try to avoid the following when you are taking a remedy:
  - Strong mint/camphor – chewing gum, mouthwash, Altoid mints, peppermint tea, gum, breath fresheners, etc., Note that many lip balms have camphor in them.
  - Essential (or “volatile”) oils – such as Eucalyptus or Lavendar
  - Sports medicine creams – such as Tiger Balm, Deep Heat, Deep Cold, etc., or anything with camphor in it
  - Decongestants – such as Vick’s Vapo-Rub, throat lozenges/nasal sprays with eucalyptus

Any of the above might antidote the efficacy of the remedy.

4. If you drink coffee/caffeinated beverages, keep your consumption regular (both timing and volume), or try to decrease consumption if possible.

Any significant increase in caffeine consumption, especially when you have recently taken your remedy, may antidote it and stop its efficacy.

### Frequently asked questions:

The tube of medicine I purchased indicates that 5 pellets should be taken per dose. This is different from your recommendation?

We’re not sure why. Companies such as Boiron tell practitioners to use 2-3 pellets. In our years of experience, 2-3 pellets are sufficient.

### What is Reverse Osmosis water and where would I find it?

RO water is commonly available from companies selling filtered water for your home. Special filters remove toxins and microbes, followed by treatment with ultraviolet light to sanitize the water. Ask your supplier as some companies sell spring water. If you have a home filter but are not sure what type it is, an RO system usually has a tank that looks similar to a BBQ propane tank. At retail stores, the Dasani brand is processed using RO treatment. Distilled water (another option) is also available for purchase in grocery stores.

**Remember, if you are using RO or distilled water for much of your water intake, you should be taking a high-quality multivitamin and mineral, or a mineral replacement.**