

## **REMEDY SHEET**

### **CARE OF THE REMEDIES:**

Homeopathic remedies are sensitive to heat, sunlight, and strong odors (strong perfume, smoke, ammonia, moth balls etc.) so take care to store them away from these things.

When travelling, do not leave remedies in an automobile in the sun as the temperatures will inactivate the medicine. When flying be sure the medicines are on your person and not in your luggage or purse. They may be inactivated by the x-ray. People are not x-rayed and the magnetic arch will not affect the medicine.

### **TAKING THE REMEDIES:**

Make sure you have not had anything by mouth (including food, drink, tobacco, mouthwash, toothpaste, and gum) one half hour before and after taking a homeopathic remedy. The remedy should not be touched with your fingers. Simply tap the pellets into the vial cap, a clean, folded piece of paper or into a glass and then into your mouth. You should allow the remedy to dissolve under the tongue for best results. It is not necessary to wash it down with water.

### **THINGS THAT MAY AFFECT THE HEALING PROCESS:**

To allow your remedy to work most effectively you should avoid coffee (including decaffeinated) and limit black tea to no more than 2 cups per day. Mixed herbal teas and caffeine-containing soft drinks in moderation, should not affect you (1-2 cups per day). Alcohol is allowed in moderate amounts (1-2 glasses of wine or beer or 1 cocktail per day). Marijuana, cocaine or any other recreational drug will interfere.

Dental work (especially with an anesthetic) and hair permanents containing ammonia or strong smelling chemicals have also interfered. Products containing herbs, mint, camphor, menthol, oil of wintergreen, eucalyptus or similar substances may also affect your progress (including Noxema, Ben Gay, Vicks, Chapstick, Blistex, Carmex, menthol cigarettes). Conventional medicines, including over-the-counter drugs (antihistamines, decongestants, cough syrup, cortisone cream, antifungal creams) will interfere. Aspirin and Tylenol do not seem to, however. Advil may interfere. High doses of vitamins and some herbal remedies (including Tea Tree oil) also interfere. We have also found that sleeping with an electric blanket or pad does not allow the healing process to begin. Waterbed heaters appear to be OK. Magnet therapy may also interfere.

If you regularly have manipulation or acupuncture treatments, or if you receive any other type of therapy, either conventional or alternative, please discuss it with your physician.

Any of the above may slow down, stop or reverse the healing process. If the interference is not continuous, the body may resume its recovery in a short time. Careful observance of symptoms will be needed to evaluate the response.