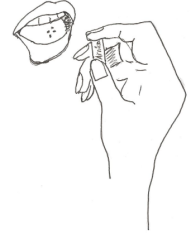


## How to Handle and Administer Homeopathic Remedies

If the remedies are handled properly, they will last indefinitely. Remedies made twenty years ago are just as effective as those made today! But they do need to be handled properly.

First, keep remedies away from heat by following a simple rule: If it's too hot for you, it's too hot for your remedies. Second, keep your homeopathic remedies away from electro-magnetic fields, such as the microwave, computer and VCR and from strong odors from essential oils and cleaning products. I like to store mine in my linen closet.

Because our skin may have odors from perfume, soaps or lotions that could antidote the remedy, it's preferable to simply count the pills out into the cap (4 pills equals 1 dose) and avoid handling them. Once you've counted out the proper amount of pills, toss them directly into the mouth, from the cap and allow them to dissolve. Do not swallow the pellets.



Pills that land on the floor should not be returned to the bottle. If the floor is clean enough and if you wish, the pill can be administered immediately. Otherwise, simply discard it.

It is best to take a remedy when the mouth is clean. Although I find remedies work well even when given in soup, I discourage this practice because the food may have a strong substance as an ingredient that could antidote the remedy. For example, mint ice cream can render the remedy useless. It won't cause harm; it simply may not work.

Other substances besides mint that might antidote the value of the remedy are camphor, tea tree oil, menthol, strong chemical smells such as fresh paint, Clorox, and certain strong-smelling soaps. If any of these are present while taking the remedy, it may or may not mean that the remedy won't work. It depends on the person's sensitivities to these things as well as the amount of inhalation and ingestion that occurred.

**A final warning:** Don't transfer remedies into bottles that have held other remedies unless you boil the bottle for at least ten minutes.

Although the size of the pill may vary depending upon the pharmacy, for an adult or older child, 4 pills make up 1 dose. (For a small child or toddler, 3 pills are adequate, and an infant can be given 2 pills.)

The pills also come in different densities. Lactose (milk sugar) tablets are common, as are sucrose (cane sugar) tablets. Some remedies are made of sucrose and covered in lactose. Usually, the lactose tablets dissolve readily, while the other variety is a bit harder and slower to break down. Both types are fine, and they are equally efficacious.



## Acupuncture & Natural Health Solutions

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Though many pills are made with milk sugars, people with dairy intolerances generally are not affected by them. However, for those with extreme sensitivities, many pharmacies produce remedies in alcohol form. In the meantime, I can work with you to select remedies that have been known to address such food intolerances.

Besides administering the remedy by the above method (4 dry pills equal 1 dose for each administration), homeopathic remedies can also be administered in aqueous solution, a method used by Samuel Hahnemann and homeopathic doctors in hospitals throughout the world. It can be very useful for those who are sensitive to lactose pills.

In a clean glass of 4 oz. of purified water, drop 1 dose (4 pills) of the appropriate remedy. Allow the pills to dissolve (remember, it may take longer if the pills are made of sucrose). After the pills have dissolved, give the solution a gentle stir. It is now ready to be used and one teaspoon of this solution is equivalent to 1 dose. Not only is the remedy diluted once again, but the lactose is also diluted further and may not cause any reaction when taken in this method. Additionally, it is also a frugal way to use remedies.

In general, when you are experimenting with remedies on your own, they should be taken in low potency (6C, 12C, 30X or 30C) and repeated 2-4 times per day, depending on the severity of the symptoms. I may prescribe higher potencies and frequency, but you should only do that if you are experienced with homeopathy.

Stop taking the remedy as soon as improvement is seen or as prescribed. The remedy can be repeated if symptoms return. If no improvement is seen after 3 days, the remedy should be discontinued, and another remedy selected. Contact me through your patient portal if this is what you are experiencing. If you don't have a portal login, contact the office.

Visit my podcasts at [anchor.fm/anhs4566](https://anchor.fm/anhs4566).

Episode 11 is about homeopathy in general.

Episode 12 is about the first aid use of arnica montana.

Episode 13 is about the digestive relief obtained by nux vomica.