

**IMPORTANT INFORMATION  
PLEASE READ THIS!!**

**How to Take Your Homeopathic Medicine**

- If you have been given your medicine in an envelope, carefully open the envelope and unfold one end of the enclosed folded piece of paper. Pour the sugar pellets inside directly into your mouth and let them dissolve. Do not eat or drink (other than water) for 5 minutes. (Note: If you have eaten or brushed your teeth prior to taking the remedy, wait at least 5 minutes before taking the remedy.) Please do not touch pellets with your hand.
- Some patients will be given a vial of medicine in addition to an envelope or instead of one or a bottle of liquid remedy. The dosage and frequency of the remedy will be indicated on a label on the vial or bottle. If the vial has a clear plastic top, pellets are extracted by holding the vial upside down, then twisting the cap. As you twist, pellets will fall into the cap. Use the cap to dispense the pellets into your mouth.
- If you are given an LM potency or other liquid remedy, you will receive a separate sheet of instructions.
- Do not open your homeopathic medicine near strongly aromatic substances or in sunlight. Store your remedy out of direct sunlight and away from extreme heat, at room temperatures (not in the refrigerator), and well away from strong electromagnetic forces; eg, alarm clocks, computers, microwaves, etc..

**What to avoid so that your homeopathic care will be most successful:**

A number of “antidotes” can prevent or reverse the improvements in your health induced by your homeopathic medicine. One’s susceptibility to antidotes is often an individual matter, dependent on individual sensitivity. **They should be avoided both during the course of your homeopathic treatment and subsequently for an indefinite period of time.** It is possible to experience a relapse of your condition even several months after successful homeopathic treatment if you are exposed to the substances below.

**These substances very frequently interfere with homeopathy. Please avoid using:**

- **Aromatic substances** including camphor, eucalyptus, menthol, Tea tree oil and products, strong pine or cedar products, lavender oil, oil of clove. A partial list of substances to avoid includes Vick’s Vaporub, Chapstick, Karmex, Blistex, Ben Gay, Absorbine Jr., Tiger Balm, Noxzema, Listerine, Lysol, Pine Sol, Citronella, and many aromatherapy products. Avoid ALL exposure: internal, topical, or smelling it.
- If your medicine is *Natrum muriaticum*, *Ignatia*, *Natrum phosphoricum*, or *Phosphorus*, please **avoid all mint products** (peppermint, spearmint, wintergreen — as in toothpaste, gum, lozenges; healthfood stores carry several alternative flavors of toothpaste which lack mint. Most toothpastes sold in grocery or drug stores contain mint whether mentioned in the ingredients or not.).

**The following MAY interfere with treatment. Avoid using at least until it is apparent that a homeopathic medicine is working for you. After that, you can decide to experiment to determine whether or not the following substances will hamper your response to homeopathic treatment. If you note a return of symptoms previously helped by the remedy, you will need to avoid the offending substance(s) indefinitely.**

**Coffee** and coffee products, including caffeinated, decaffeinated, mocha, coffee ice cream and desserts (e.g., tiramisu, coffee-flavored jelly beans), Kahlua, etc. It is not caffeine, but coffee which is the problem. Teas and cola drinks are OK.

**Many Prescription and Over-the-Counter Orthodox Medications**, including ointments, topical vaginitis medications, antifungal creams, antihistamines, etc. interfere with homeopathic treatment. If possible, please consult your homeopathic physician before taking any of these medicinal agents. Also, do not discontinue any vital prescribed drugs without your physician’s approval. OTC analgesics (aspirin, acetaminophen, ibuprofen) are permitted.

**Recreational Drugs**; eg, marijuana, cocaine, LSD, etc.

**Major Dental Work**, including high-speed drilling, grinding and ultrasonic cleaning. Please time your dental work such that it does not occur soon after taking a new remedy!

**Electric Blankets** or any **Strong Electromagnetic Field Exposures** (e.g., MRI scans, therapeutic ultrasound). Note: small heating pads are OK. X-rays are fine.

**Acupuncture.** (If you are strongly committed acupuncture treatment, it may be possible to treat concurrently with homeopathy.)

**Avoid all other homeopathic remedies** without first consulting with your homeopathic physician.

**If you think your medicine has been disturbed by any of the above:** Unless you are really suffering, please wait about two weeks before calling. In many cases, once the offending exposure is removed, the medicine’s action resumes after a week or so. If it doesn’t, please call.