

How to take the remedies

Combinations and Low Potency Single Remedies

- Combination remedies are very low potency. These remedies are meant to be taken several times a day for 3 -4 days, followed by a break of not taking the remedy for the next 3-4 days. Often this cycle is repeated at least one more time. Taking this break is essential. The homeopathic remedy brings the symptoms to the attention of the vital force. In low potency this takes several doses over a period of time. When the progress of the healing slows, the cycle is repeated.
- In acute cases, where the pain or symptoms have come on suddenly, giving the remedy (**low potency only!**) every 5 minutes for up to an hour will give you the best results with the least chance of any adverse reaction.
- 30C remedies are slightly higher in potency and strength. They are usually administered only 1 time per day for the same 3 or 4 days that is suggested for the low potency remedies. Sometimes they will need to be given more often and more frequently, depending on the severity of the symptoms. This is a judgement call, made based on the overall health and strength of the person. Until I learned to muscle test, how often and at what strength to administer a homeopathic remedy was always guesswork.

Higher Potency Single Remedies

- 200C remedies are usually taken only once per day, and it is even generally advisable to skip a day between doses. For some people a 200C remedy acts as a higher potency. A repeat dose should be given when progress toward wellness has halted or slowed.
- In the standard literature, 1M remedies are taken at 3 week intervals and 10M remedies about 3 months apart. However, following the muscle test paints a much different picture. In dramatic situations such as spider bites or severe burns, I have used (and seen others use) 1M and 10M remedies in succession at intervals of only a few minutes. Anything less than this would have not have produced sufficient or rapid enough results. It was necessary in each case, eventually, to antidote and start over with a clean slate. Good muscle testing skills takes the guesswork out of homeopathy and makes it much more effective and certainly easier.
- 50M remedies are meant to be used in deep level constitutional programs. They are administered at 5 to 6 month intervals and, typically, only 2 or 3 times.

General Rules of Administration

- A good rule of thumb in the use of homeopathic remedies is to always give the lowest potency needed to accomplish healing. A 30C given 3 or 4 times a day for 4 or 5 days is almost always as effective as using a 200C less frequently. However, some people are not faithful about taking the remedies. You might choose to give one dose of a higher potency *right then* as the most effective method for them.
- Sometimes your decision to use a lower potency remedy will be based on how far you can trust the person to follow your instructions, whether they will be careful to keep the remedy out of the hands of children, and whether or not they can understand that they should not take the remedy continually until the bottle is empty as they would an allopathic antibiotic.

- At other times you will choose the lower potency remedy because it just seems better to nudge the vital force a little bit rather than to bowl it over with the stronger remedy. This is especially true of very small children or people whose ailment has made them quite weak and debilitated. Many times small children do not need anything stronger than a 6X or 30C simply because they are not old enough to have any complaints of the long-standing variety, except the ones they have inherited from their parents. Dealing with these inherited complaints and tendencies will be discussed later in the second section of this book.
- When using pellets, tip the pellets into the lid of the bottle and then into the person's hand. It is acceptable to touch a remedy you intend to take yourself, but never touch a remedy before giving it to someone else. Do not put any remedy you have touched back into the bottle. If any fall onto the floor or any other surface, discard them. Returning them to the bottle can spoil the whole batch. If using a liquid remedy, never allow the dropper or bottle top to touch fingers, mouth, or anything else.
- Pellets should be dissolved in the mouth, preferably under the tongue. If they are swallowed immediately, they become mixed with stomach acids before being absorbed. This makes the remedies less effective. Sub-lingual administration (under the tongue) is thought to send the frequency directly into the blood stream and bioplasma of the body.
- Some homeopathic practitioners believe quite strongly that it is important not to eat, drink, or brush your teeth for at least 20 minutes before and after a remedy is given. Personally, I have not found this to be as crucial as the literature suggests. I have put remedies in a small child's bottle or sippy cup with excellent results, time after time. I have used homeopathics in birth and emergency situations where food, or even medications, were taken right along with them. The homeopathic remedies have never failed to work as I needed them to.
- The size of the dose of a homeopathic is irrelevant. This is true regardless of what it may say on the bottle you just bought at the health food store. Adjusting the dose according to age or the body weight of the person is illogical by homeopathic principles. Homeopathics work by energetic frequencies; there is not a measurable quantity of the original substance in the dose so it does not matter how much is taken at a time. How often the remedy is taken is what really counts. I usually instruct people to take 2-3 tablets or a few drops, but only because they are more comfortable being told a specific amount to take!
- If you use a glass or a spoon to administer a remedy, be sure to scour it out thoroughly, immediately. If you leave the energy imprint of the remedy in the glass or spoon someone may inadvertently receive a dose of a homeopathic they have no need for and then won't understand what is wrong with them as the remedy proves itself on their body and mind.
- Very high potency remedies that need to be sipped (more on this in section two) need to be put in a container with a lid. I have had instances where people standing in the vicinity developed clear symptoms of the remedy that was sitting on someone's desk. In each case, the person affected was particularly weak and susceptible, but that is all the more reason to be careful. They do not need to borrow trouble from your remedy.

Basic Dosage Guidelines:

Once you see a marked improvement from the remedy, give it less often—or not any more at all. A homeopathic remedy is a catalyst. It stimulates the body to begin healing itself. A muscle test is the best indication of frequency and when to stop. If you don't muscle test follow the traditional rule of only giving a remedy until the person begins to improve. Repeat the remedy when the improvement stalls out. This is a judgment call, at best, so follow the norms outlined previously in this chapter and pay attention to your common sense and intuition.

Always check back with people. They are so used to taking medications until the bottle is empty that they often do this with the homeopathic that you gave them! This is a serious mistake. If they report that they felt better for a time but now the same symptoms are back, worse than ever, they have probably taken the remedy for too long and for too often.

- Always stop on improvement.
- Start again if the same symptoms return and then repeat dosages as needed.
- If you have given several doses and have had no response, stop and reassess. It is very likely that you have chosen the wrong remedy entirely. In reality, this rarely happens.
- Change the remedy if the symptom picture changes. If the same symptoms return, repeat the remedy you have given or move to a higher potency for a dose or two.
- An improvement in mood and feelings of well-being is often the first and most accurate indication that you have the right remedy and it is working.

I like to think of a homeopathic remedy as a pebble which, when thrown into a pond, simply goes plop. It is the ripples created within the body that are the healing responses. The closer the person's symptoms matches the remedy picture, the closer you have come to hitting the center of the pond with your rock and the more beautiful—and beneficial—will be the results.

Words of Caution

Problems and extreme adverse reactions to homeopathic remedies are rare. If any kind of problem does occur, it is usually the result of:

- (1) Taking the wrong remedy entirely.
- (2) Taking the remedy in a higher potency than the constitution of the person could easily tolerate.
- (3) Taking a remedy for too long, or after the symptoms have already begun to improve.

Problems do not arise from taking too much of the remedy at one time. Since homeopathic remedies are not based on a material dose (there is almost none of the object the remedy was originally made from in the remedy), how much is given, or taken accidentally, is irrelevant. If your child takes a whole bottle of a remedy at one sitting, he will have no more effects than if he took 1 - 2 pellets or a few drops.

The higher the potency, the more potential there is for accidentally proving. Experience, developing good muscle testing skills, working carefully, and always matching the remedy to the person on as many physical and emotional points as you can will insure that you are both effective and safe in your work.

Homeopathic remedies can be antidoted by looking up the specific antidote for the remedy you have used in a materia medica. Antidote remedies are usually given in 30C or 200C potency. Camphor (found in Vicks-Vapo-Rub) antidotes most homeopathics as does caffeine. Some toothpastes which list peppermint on the label really have a form of camphor in them. These toothpastes may affect homeopathic remedies.

Additional Notes

- Never rush into giving a homeopathic remedy, and don't think that you have to give a remedy just because someone asks. This should apply to anything you do for anyone, but is particularly true of homeopathic remedies. If you don't know the person well, or you don't feel they will use the remedy wisely, or you feel unsure or uncomfortable in any way, then don't do it.
- Always stress that a homeopathic remedy is a means of stimulating the body to balance itself—and sometimes the best cure is, simply, time and patience. Often we are too quick to rush in with a solution. God already gave us what we would need when he provided us with an immune system. If we have maintained our body properly, it may handle the problem very nicely all on its own. This is not to be interpreted as an excuse to put off until tomorrow what should be taken care of today. If you need a homeopathic to stimulate your vital defences, the sooner you take it the more effective it will be.
- Give a remedy only when the person asks you for help (and then only if you feel comfortable doing so). If you run where you are not called without sufficiently educating the person, they will quite likely antidote the remedy accidentally; if they don't and they see an improvement it will likely be attributed to a coincidence. This is not to say that just because they are skeptical you should not help them, it is saying that giving people something they are not ready for often slows down their learning and deprives them of their right to look after their own health in their own way.
- Use muscle testing or a good friend to double check your remedy choice, especially when self-prescribing.

Storage and Shelf Life of Remedies

Remedies can come in several different forms. You will probably develop a preference for either liquid or pellets, or you may decide to have both for use in different situations. Liquid remedies can be applied nicely to the skin, where they absorb and are often just as effective as taking them internally. Liquids are also easier to administer to babies and small children.

Homeopathic remedies in liquid will keep their strength for years and years without deteriorating. They must be stored in reasonably cool, dry places with their tops screwed on tightly. It is preferable to keep remedies in dark glass as light can affect them negatively.

Remedies should also be kept away from strong-smelling things such as mothballs and **synthetic** essential oils. Strong magnetic fields alter their frequency, as well. When using a remedy that has been sitting idle for a long time, shake it a few times against the palm of your hand.

Pellets also store well. You must keep them tightly sealed as any moisture will cause the pellets to clump together or disintegrate into powder. Since the quantity of the remedy taken doesn't really matter, this is only an inconvenience, not a disaster.

Chapter Eleven

Basic Dosage Guidelines

Homeopathic remedies are meant to act as a healing catalyst in the body. The purpose of taking the remedy is to stimulate the body's own mechanisms to re-establish a state of balance and health. Unlike antibiotics, homeopathic remedies are **not** taken until the bottle is empty.

A Very Important and Very Basic Rule

A homeopathic remedy is a catalyst. It stimulates the body to begin healing itself. **Once you see a marked improvement from the remedy, give it less often—or not any more at all.** A muscle test is the best indication of frequency and when to stop. If you don't muscle test follow the traditional rules. How often and when to take a remedy is a judgment call, at best, so follow the norms outlined in homeopathic philosophy and pay attention to your common sense and intuition.

Do not take, or allow others to take, a remedy until the bottle is empty. This is a serious mistake. If you feel better for a time but now the same symptoms are back, perhaps worse than ever, you have probably taken the remedy for too long and for too often.

- Always stop on improvement.
- Start again if the same symptoms return and then repeat dosages as needed.
- If you have given several doses and have had no response, stop and reassess. It is very likely that you have chosen the wrong remedy entirely. In reality, this rarely happens.
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Potency

The remedies in the first section of this book are low potency remedies. Recommendations for how and how often to take these remedies are found in the Introduction, *Some Homeopathic Philosophizing*.

Low potencies (30C, possibly 200C, Tissue Salts, and Flower Essences) are advised for use in most instances for pregnant women and infants, , unless you are quite experienced with homeopathic remedies. A 200C is usually strong enough for even emergency situations. Tissue salt remedies, Flower Essences, and low potency combination remedies are usually given 3 or 4 times a day for up to 4 weeks, depending on the severity of the symptoms and the progress of the healing. Remedies in 30C and 200C potency are given as needed or as recommended by a homeopathic physician or as recommended in accepted and common literature. This will rarely be more than once a day and, with a 200C will probably not be every day.

For further information, please see the Chapter Two, Basic Dosage Guidelines, in *Butterfly Miracles with Homeopathic Remedies*.