



EarthHeart Homeopathy

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Instructions for Taking a Remedy

- **The remedy should be kept out of direct sunlight and away from sources of heat, electricity, and radiation.** A homeopathic remedy is prepared from natural substances which have been highly diluted and refined. Its action can be extremely subtle, and is subject to interference from various outside influences.
- **A remedy should be dissolved under the tongue at least 15 minutes before or after eating.** You may be instructed to take a single dose, two or three doses relatively close together, or to repeat daily for several days in succession, depending on the nature of your condition and the strength of the dose.
- **Substances to be avoided during the course of treatment:**
 - coffee (even decaf)
 - menthol (in muscle rubs, cosmetics and mouth washes)
 - camphor (in moth balls and lip balm)
 - mint in any form (teas, shampoo and candy, and toothpaste)
 - eucalyptus (in cough and cold preparations)
 - aromatic oils (tea tree oil), perfumes, medicinal herbs, and incense
 - recreational drugs or chemicals
- **Dental procedures** should be postponed until after the remedy has acted or failed to act, so that results can be clearly evaluated. Other therapies such as **acupuncture** and a **chiropractor** should not be started at the same time for the same reason. An occasional aspirin or Tylenol should be no problem.
- **Please make note of any changes, dreams, or symptoms** to assist in understanding your response to the remedy. The effects may be so subtle or gradual that a friend or relative may point out changes before you notice them.
- **A simple, healthy routine which includes rest, exercise, meditation, laughter, and good food assists your body in healing itself.** Lifestyle changes are not necessary. Try to avoid influences which have caused problems for you in the past.

~ Some people feel briefly euphoric, energetic or relaxed after taking remedies. Others may experience a return of symptoms from past illnesses, which will fade after a short time.