

**When you are on a good constitutional remedy**, you should experience a gentle and gradual improvement in your overall health. Often one of the first signs of healing is an increase in your sense of well-being. Your mood, energy, and sleep should all improve and stabilize. Physical and emotional symptoms should improve in a fairly predictable manner, with deeper seated symptoms improving first, and more superficial symptoms clearing up later.

Patients may experience a brief and mild return of old symptoms that had not been experienced for months or years (e.g. "I felt like my old back pain was returning, but it disappeared after a couple days on it's own."). An old symptom that returns with any degree of severity or persistence may indicate the need for a different remedy, and should be reported to the office.

### **Dosing a remedy:**

If the remedy is in pellet form, tap out the pellets into your hand, or use a plastic spoon. Place them into your mouth and let them dissolve on or under your tongue. You should avoid eating or drinking for 5 minutes before and after taking the pellets, if possible. Do not return any unused pellets to the packet; throw them away after they have been touched.

### **Homeopathic aggravation:**

This is a temporary, and usually mild, worsening of your symptoms before they begin to improve. If you have any persistent or severe aggravation of symptoms after taking a homeopathic remedy, call the office. You may be instructed to antidote the remedy (see below). The doctor will determine how best to deal with the aggravation in a way that will not interfere with the course of your treatment.

Women: dosing a remedy in the two weeks before a period may sometimes aggravate the symptoms during that period (heaviness of flow, PMS, etc.).

### **Antidoting your remedy:**

Substances which are strongly aromatic may interfere with a remedy's action, even if you are exposed to them days or weeks after taking your last remedy dose. Products containing menthol, camphor, eucalyptus, tea tree oil, or similar strong odors should be avoided during your treatment (at the very least, until we are sure you are on a good remedy). Some of the very strong mint products sometimes interfere as well. Avoid Listerine, Altoids, Vicks, Blistex, and similar products. Brief exposures to antidoting substances may not cancel out the remedy. Individuals vary in their susceptibility to antidating their remedy. Do not automatically redose your remedy if you are exposed to one of the above. Call the office and we will instruct you on what to do next.

The above substances are sometimes used to deliberately antidote a remedy (e.g. in the case of a severe aggravation). Instructions on how to do this should be obtained when needed from the doctor.

Floral and citrus essential oils will *not* interfere with your remedy, but some stronger oils will. Ask if you have a question about oils you regularly use.



### **New or Acute Symptoms** during your treatment:

If you develop any acute illness (cold, flu, sinusitis, GI bug, etc.) please call the office. We would prefer to treat these illnesses in such a way as to support your immune system, and avoid interfering with your homeopathic treatment. If conventional testing or medications become necessary, the doctor will prescribe them.

Truly new symptoms that develop during the course of treatment (something you have never had before in your life) may indicate the need for a change of remedy. Always report these to the office, even if they are mild (e.g. “my ears are itching”, or “I’m craving oranges”).

### **Storing** your remedy:

Keep the remedy in any cool dry place. Avoid extremes of heat (a hot car on a summer day), as this will inactivate the remedy. Avoid storing the remedy too near anything with an electric current running through it (TVs, computers, the fridge, etc.), as electromagnetic fields may inactivate the remedy over time.

### **Conventional Medications and Homeopathy:**

Some conventional medications may interfere with your remedy, but most do not. Antibiotics and steroids are more likely to interfere with homeopathic treatment. Please discuss your medications with the doctor, as there are usually ways to use both together when needed.

Homeopathic remedies will NOT interfere with the action of any conventional medications.

### **Learning about your Remedy:**

While we encourage patients to learn more about homeopathy in general, many patients are understandably confused when they read about their remedy online. The indications for any given homeopathic remedy are vast, and online ‘remedy pictures’ can be misleading. The doctor prescribes based on classical homeopathic methods (unchanged for over 200 years), not on ‘remedy pictures’. So if you were given a remedy for your asthma, and you go online and read that this remedy is good for symptoms of menopause, please don’t panic! Instead, learn more about classical homeopathy. We recommend the website of the American Institute of Homeopathy ([homeopathyusa.org](http://homeopathyusa.org)), and/or the book *Impossible Cure*, by Amy Lansky, PhD, and/or the book *Dynamic Medicine*, by Larry Malerba, DO.

