

Vibrant Health

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General Info for Low Potency Homeopathic Remedies

1) All homeopathics:

- A. Take 5 minutes away (before and after) anything else in the mouth: eating, drinking, smoking, other homeopathics ...
- B. Take at least 30 minutes after coffee (caffeinated or decaf), or any product (such as an herbal tea, toothpaste, mouthwash, lip balm, cough drops, etc.) containing mint, menthol, camphor or other strong-smelling herbs. These will all neutralize homeopathic remedies.
If you are taking a remedy once or twice a day (see schedules below) and you love your morning coffee, you can still drink coffee every morning – just wait 30 minutes after your coffee before taking your remedy. But if you are taking a remedy only once a week, you need to wait 2 days after you take your remedy to have a cup of coffee. Dental products are a problem as most have mint in them – get a different flavor toothpaste (fennel, ginger), or use baking soda. Watch out for mouthwash.
- C. One dose generally is 5 pellets placed under the tongue and held there until dissolved. Or, if the remedy is in a liquid form, 4-5 sprays equals one dose.
Do not split a dose into a smaller amounts taken more often! The effect of a remedy depends on the potency and on how often it is taken, not on the exact amount of each dose. Taking less of the remedy more often may cause an overdose which can make you feel worse instead of better. If you want, you can generally take less than the recommended amount, and you can take it less often.
- D. If you are taking pellets, do not touch the pellets with your fingers or hand. Use the cap of bottle to hold 4-5 pellets and put the pellets into your mouth.

2) Schedules for low potency remedies (all X remedies, 6C, 30C)

- A) All X remedies, 2-4 times per day, as needed, for as long as desired
- B) 6 & 30C – Usually twice a day, usually for 3-4 weeks. 6C can be taken as long as needed – years are fine. 30C remedies are seldom needed more than 30 days.
- C) If your remedy worked well for a while and then stopped working, it doesn't mean homeopathy doesn't work – it means you now need a new remedy because that remedy has helped you to change. Possibly you now need a stronger version of the first remedy, or you may need an entirely new remedy. Consult with Becky or another professional homeopath for help.