

## **Instructions for Use of Homeopathic Remedies**

- 1) Avoid touching the remedy. Drop the designated number of pellets into the cap from the remedy vial and then put them into your mouth. Do not place into the palm of your hand. Let dissolve on or under your tongue.
- 2) Unless otherwise directed, take the remedy approximately 2 hours before bed or at 4pm at least one hour before dinner. Whichever is easier for you.
- 3) Do not eat or drink ANYTHING for 30 minutes before and after the remedy.
- 4) Discard spilled or transferred remedy. If some remedy should accidentally spill from its vial, do not return it to the vial. Do not transfer the remedy to other containers or bottles that contained other substances. Do not reuse the containers when they are empty as they may still carry properties of the remedy. When you are done with a bottle and remedy, through them out.
- 5) Protect the remedy. Direct sunlight, heat over 110 degrees (such as a car in summer), cell phones, computers and strong odors can destroy a remedy before you even take it. Avoid wearing strong perfume, cologne and essential oils when you take a remedy.

### **REMEDIES MAY BE ANTIDOTED BY:**

1. Camphor, mint, lavender, coffee and various other items based on the particular remedy which I will discuss with you based on the remedy chosen.
2. Anything you are particularly sensitive to: Avoid any food, chemical or other substance that you know causes severe reactions to your particular system as it may make you more susceptible to aggravating symptoms in combination with the remedy.
3. Electric blankets, waterbed heaters, electric mattress pads and heating pads: You may use them to heat up your bed but do not sleep while they are turned on. Excessive vibrational energy is similar to getting a chiropractic treatment and can aggravate the remedy.
4. Routine dental work can antidote the remedy, please discuss this with me prior to having work done so we can determine the best plan of action for your case.
5. Allopathic drugs: Allopathic can suppress your vital force and thereby antidote the remedy. Please tell Jenifer about all drugs, diet pills, birth control pills, herbs, etc. that you are taking. Under no circumstances should you stop strong allopathic drugs without first consulting your physician and if you do change something, please tell Jenifer. This includes over the counter Tylenol, etc. If you are in need of relief, do what you feel best – just let me know so that I can make sure we are doing all that we can for your individual care.
6. Skin medicines: It is not uncommon for homeopathic remedies to bring back old skin symptoms. Please do not use locally applied medicine of any kind without first talking to your practitioner. This is especially true of topical steroids.

## **Instructions for Making Homeopathic Remedies**

\*\*\*Your mouth should be free of food and liquids for ½ hour before and after taking the remedy.

### **FOR ADULTS**

- 1) Fill the small homeopathic brown bottle with water or if you have a water bottle(that you will throw away after), fill it with 2 ounces of pure water. NOT tap water, bottled pure like evian, fiji, etc. If you want the remedy to last longer, place 1/3 pure vodka, 2/3 water.
- 2) Place 2-3 pellets in the water – DO NOT touch the pellets. If you drop any, throw them in the toilet and wash your hands thoroughly.
- 3) Close the bottle for 3-5 minutes. Then shake vigorously 3-5x and take either 1-3 drops (ask me for your amount) or a small sip from the bottle.

### **FOR CHILDREN**

#### **UNLESS OTHERWISE EXPLAINED**

- 1) Do not use the homeopathic bottle unless told otherwise. Use a water bottle(that you will throw away after); fill it with 3 ounces of pure water. NOT tap water, bottled pure like evian, fiji, etc
- 2) Place 2 pellets in the water – DO NOT touch the pellets. If you drop any, throw them in the toilet and wash your hands thoroughly.
- 3) Close the bottle for 3-5 minutes. Then shake vigorously 3-5x and take either 1-3 drops (ask me for your amount) or a small sip from the bottle.

### **FOR ANIMALS**

Do all of the above except give only one drop from the dropper and then toss the dropper and use a new one next time if giving more than one dose.

### **EXPIRATION**

Remedies made with water alone should be tossed in 24 hours for plant based remedies and 48 hours for metal based remedies.

Remedies made with alcohol can be used up to 2 weeks or more depending on the remedy and strength of the alcohol.