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HOMEOPATHIC REMEDIES; HOW TO TAKE, HANDLE AND STORE THEM

When:

There should be nothing in your mouth for at least 20 minutes before and after taking the remedy, including but not limited to food, beverages, chewing gum, toothbrush, etc.

How:

If you are taking **PELLETS**: Do not touch the pellets. Dispense one pellet into the cap of the vial, and from there drop it under your tongue. Allow it to dissolve.

If you are **SMIFFING**: Place open remedy container under your nose. Breathe in deeply. Don't breathe out into the open container.

Storage and Handling:

Store the remedy away from direct light or heat, microwave ovens, computers, electrical sockets, or strong odors such as perfume, incense, mothballs, etc. Do not carry the remedy on your person, such as in your pockets. At airports, don't allow the remedy into the X-ray. Carry it with you through the metal detector. Do not transfer the remedy into another container; keep it in the bottle it came in.

Foods and Beverages:

It is best to **avoid** the following: Coffee (Including decaf), Mint (including peppermint, spearmint), Very spicy foods, Raw onions, Raw garlic (cooked onion/garlic is ok), and herbs (unless recommended by the licensed healthcare provider of your choice).

Moderation in consuming the following is recommended: Chocolate, caffeinated colas, alcohol, and tea.

WARNING:

Prescription and over the counter medications, as well as herbal drugs, are known to interfere with the action of homeopathic remedies. However, it is almost never a good idea to stop, on your own, the medications you are already taking when you begin taking homeopathic remedies. Any change of your drug regimen **MUST** be discussed with the licensed healthcare practitioner of your choice.

Miscellaneous:

Other things that may interfere are listed below (not a complete listing). This listing does not imply that you should avoid medical, dental, or other treatment options that you decide are necessary for you. The list is for your information only. Check labels of creams, ointments, and lip care products. e.g. Carmex, Chapstick, Tiger Balm, or camphophenic.

Avoid

- Any strong smelling substance such as: menthol, eucalyptus, aromatherapy oils, etc.
- Camphor oil (in any form)
- Dental work, including ultrasonic cleaning, drilling, grinding.
- Acupuncture
- X-rays
- Strong shocks (physical or emotional)
- Electric blanket, and/or magnets placed on the body, kept in mattress.
- Tobacco and/or illegal drugs.