

Further advice re dosage:

Generally-speaking, in most acute cases, you take a remedy over a period of hours or days; perhaps 2 - 4 weeks in the case of an injury; very rarely in excess of this time-scale.

If in doubt, consult your prescriber.

- Different circumstances and energies require different approaches. Acute trauma may need Arnica 200c even every 5 to 10 minutes until there is a result. Likewise, Chamomilla 200c, for a baby in great pain. An elderly person with flu may need Gelsemium 6c three times daily for up to 5 days - allowing their low vitality to resolve the problem more slowly.

- **If in doubt, STOP, and consult your prescriber.**

- **These are general guidelines only and not intended to replace the advice and guidance of your qualified Homœopathic Practitioner.**

Please ensure you have consulted with her or him, or with one of our Homœopathic advisers at Helios.

Your health and well-being are our concern but also your responsibility!

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HELIOS HOMŒOPATHY

A passion for healing

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NEW PATIENT INFORMATION & GUIDANCE

It is very important to read this leaflet if you are new to homœopathy and embarking on treatment, as care is needed in the handling, storage and dosage of Homœopathic Remedies.

HANDLING & STORAGE

Keep remedies away from:

- **Electronic equipment:** telephone base stations, mobile phones, TV's, computers, microwaves.

- X-ray machines at airports are ideally avoided. However, inflight solar radiation is even more powerful, and the consensus view is that remedies survive these exposures as long as they are not too frequent.

"The majority of respondents said X-rays do not affect remedies"

(Summarised Research project published in Society of Hom. Newsletter - © J. Faulkner-Pulsford)

- Protect your remedies from potential harm by X-rays or other powerful emissions by wrapping them in aluminium foilwrap or lead-lined photographic pouches.

Don't expose Remedies to:

- **Strong light;** extremes of heat or cold; damp or strong smells like garlic or un-stoppered Essential Oils; (kitchens or bathrooms are not good places). Ideally keep them somewhere reasonably dry with a fairly constant temperature between 18⁰-25⁰C.

- **Other medication;** such as aspirin, antibiotics, etc. Store them separately and away from these.

What do they look like and what are they made from?

Remedies are supplied in several different forms.

- **Tablets:** a hard flat mix of lactose and sucrose.
- **Pillules:** round (size 6) balls of sucrose.
- **Trituration:** soft cylindrical quick dissolving lactose.
- **Granules:** small (size 1) grains of sucrose.
- **Powders:** individual doses of lactose, in sachets, which you unfold and tip under your tongue.
- **Liquid potencies:** made using 23% alcohol; you take them in drop form or from a spoon.
- **LM potencies:** made using 10% alcohol; you take them in drop form or from a spoon.

Note: if you wish to take a liquid remedy made in water only, please ask.

What does a dose mean?

• **1 tablet / 1 powder / 1 drop**, generally, (unless otherwise specified), means one dose. For further advice re dosage see under "Dosage".

What do I need to be careful about when taking the remedy?

- Take the remedy **away from food and drink** or from having had something strong-smelling in the mouth such as toothpaste or tobacco. Allow about 20 minutes either side of eating, drinking, or smoking etc.
- Put the dose directly under the tongue where absorption takes place. Don't wash it down with water, unless directed to do so by a homoeopath. Allow it to remain in the mouth for up to 10 seconds, after which it may be swallowed, or crunched down.
- Pour or shake the dose required into the cap of the remedy bottle, and thence directly into the mouth; or onto the clean, dry, and neutral-smelling hand of the person receiving the remedy.



DO NOT REPLACE ANY SURPLUS THAT HAS BEEN PLACED IN A HAND BACK IN THE BOTTLE: THIS MAY CONTAMINATE THE REST OF THE REMEDY

- **Don't risk cross-contamination** by opening more than one remedy bottle at a time in case you put remedy A in with B or vice-versa; don't ever store a remedy in a bottle in which a different medicine or homoeopathic remedy has been contained.
- Sometimes a remedy is taken in water using a spoon - especially if it is an LM or MLP (Medicated liquid remedy). **Always clean the spoon and glass** (if applicable) with very hot water after each use.
- It is generally recommended you avoid coffee and peppermint whilst taking a course of homoeopathic remedies, since these substances are thought possibly to antidote remedies in some cases.

DOSAGE

Why is dosage so important in Homoeopathy?

- It is **important** your prescriber make it clear how many times a day and over what period of time your remedy should be taken.
- If **too many doses** of a remedy are taken for too long, **symptoms that originally cleared up may recur**.
- If you are **in any doubt** whatsoever about how much or for how long you should take a remedy, then **consult your prescriber**. If you cannot reach your prescriber, then don't take any more of the remedy until you do.
- **Never, ever, assume that you should finish a complete bottle** unless this is an LM liquid format (These have different rules - being designed to be taken over a prolonged period of time for chronic, longstanding conditions).

What are the golden rules for repetition of the dose in Homoeopathy?

- Take the **minimum dose** required to achieve the desired effect. This is likely to be within a short space of time: hours or days - not weeks, unless your condition is long standing (chronic) when prolonged repetition may have been prescribed for you.
- Look for the desired effect in the state of well-being initially, rather than symptoms dramatically clearing up. For example, a child with earache may still have earache, but will be less miserable, and perhaps want to eat. Once this effect is achieved, either stop the remedy entirely, or reduce to a very low maintenance dose (1 or 2 daily) for a further 2 - 3 days. Depending on circumstances. If symptoms do clear up very quickly, stop taking the remedy: it has acted.
- **The correct remedy should produce an 'energy-shift' within a short space of time;** for example, within 24 hours or less in someone with high vitality; perhaps 2 to 3 days in someone with low vitality. If it doesn't, do not go on taking it regardless. It is perhaps the wrong remedy.
- **An initial aggravation of existing symptoms followed by improvement** is a good sign of healing. Don't take any more of the remedy if this occurs.
- **Match the frequency of dosage to the potency.**
A low potency (6 to 30c) can be repeated more frequently (e.g. : 2 - 6 times within 24 hours) and maybe up to a week;
a higher potency (200c and above) less frequently (maybe twice daily for 3 days maximum). These are rough guidelines only.
- **Match the dosage and potency to the person's vitality and/or to the severity of the situation.**

