

# D y n a m i s H o m e o p a t h i c H e a l i n g

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## Taking your Remedy

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Followup Appt: \_\_\_\_\_

Directions: \_\_\_\_\_

Dose: \_\_\_\_\_

(To success the remedy, hold the vial in your dominant hand and pound it against the opposite palm.)

**Please note: 24-hour notice is required to change or cancel an appointment.**

Your remedy will work best if you follow these simple guidelines:

**Food & Drink:** Do not eat or drink for a few minutes before or after taking the remedy. Fifteen minutes is fine.

**Contamination:** Avoid touching the dropper to lips or tongues or fingers or countertops. If you're taking a dry dose, pour the pellets into the cap rather than handling them with your fingers.

**Strong Scents:** Try to avoid using very strong-smelling products, especially products with camphor, eucalyptus, tea-tree oil, oil of olbus, etc. Anything that smells like camphor or eucalyptus can interfere with a remedy's action.

**Flus or Colds:** If you catch a flu or a cold or get an infection, please stop taking the remedy and call the office. Homeopathy is extremely effective for acute complaints. It may be necessary to take a break from your constitutional remedy and take a supplementary remedy to help you recover from your acute illness as quickly and completely as possible.

**Surgery, Dental Work, other Medical Procedures:** Please call the office ahead of time if you will be having surgery or dental work or another medical procedure. We can recommend when to take your constitutional remedy to speed recovery, and we may recommend other remedies to lessen the impact of the medical procedure and improve your recovery.

**Air Travel:** Please call the office if you will be traveling by air. It's best to keep the remedy vial on your person as you go through security rather than have it go through the x-ray machines. The homeopath can also provide you with pellets to recharge your remedy once you arrive at your destination, as dry pellets are not affected by the various security machines.

**Coffee or Chamomile:** Both coffee and chamomile may interfere with the action of certain remedies. Please let us know if these are things you consume often.

**Storing your Remedy:** Keep your remedy vial in a cool place away from direct sunlight and electronic gadgets. Remember that homeopathy is energy medicine. If you expose a remedy to a source of strong electromagnetic energy or heat or sunlight, it could deactivate the remedy.

*Please keep your remedy vial away from the following sources of electromagnetic radiation: computers, televisions, microwave ovens, heating pads or electric blankets, cell phones (when turned on), cordless phones, wireless internet transmitters (routers).*