

INSTRUCTIONS FOR HOW TO

TAKE THE REMEDY

THE FIRST DOSE OF THE REMEDY

- 1) You have been given a glass bottle that is filled to the top with the remedy, to avoid it being shaken before it is first used (shaking alters homeopathic remedies).
- 2) Open the bottle and throw away a small amount of the liquid, to the level of the upper edge of the label, so that the liquid can move freely inside the bottle.
- 3) Empty the contents of the pipette into the bottle and then close the bottle firmly.
- 4) Vigorously shake the bottle 10 times – it is the same movement as when you shake down a medical mercury thermometer before using it.
- 5) Put two drops into a throw-away cup (2 dl / 7 fl oz) filled to the halfway point with tap water, and thoroughly mix the liquid using a plastic spoon
- 6) Take 5 ml / 0.2 fl oz of liquid from the throw-away cup using a plastic spoon.
- 7) Throw away the remaining contents.
- 8) Rinse the cup and spoon with water and put it away.

NOTE: The cup and spoon may only be used by the patient. They need to be replaced with every new bottle.

Time of taking the remedy

SUBSEQUENT DOSES OF THE REMEDY

The procedure is the same as with the first dose except that you do not need to first throw away any liquid from the bottle (step 2 in the above procedure). Make sure that you vigorously shake the bottle 10 times every time you take the remedy.

Repeat doses _____

After _____ weeks, check-up with homeopath

IMPORTANT

An initial worsening of the symptoms is likely but this should not last longer than two weeks. During homeopathic treatment you must avoid the following:

- Other homeopathic remedies (also complex homeopathic remedies, Schüssler salts, etc.)
- Peppermint/menthol (e.g. tea, chewing gum, toothpaste, etc.). Some toothpastes are marked as suitable for use when taking homeopathic remedies, and they may contain ingredients such as aniseed or other herbs.
- Chamomile tea, coffee (caffeine-free is OK)
- Camphor-containing ointments (e.g. Vicks).
- The medication should not be stored near electronic equipment (TV, PC, microwave, mobile/cell phone, etc.).