

**DO'S AND DON'TS DURING
HOMEOPATHIC TREATMENT**

- Avoid **unnecessary stress**.
- Take a **daily walk** of at least 45 minutes in the fresh air if possible.

BE SURE TO AVOID THE FOLLOWING BECAUSE THEY CAN DISTURB OR EVEN ANTIDOTE
HOMEOPATHIC TREATMENT:

- **Other homeopathic remedies** (including homeopathic combination remedies, Schüssler salts, etc.)
- **Peppermint / menthol** (tea, chewing gum, peppermint toothpaste, etc.).
Suitable toothpastes include Elmex menthol-free (banana flavour) or Homeodent (aniseed or lemon flavour).
- **Chamomile**
- **Coffee** (caffeine-free is OK)
- **Camphor-containing creams or ointments** (Vicks, Pulmex, Liberol, Transpulmin, etc.)