

How to take your remedy

Dry Pills

- Ensure your mouth is clean before taking remedies.
- Do not handle the pills. If pills fall out of the bottle/discard discard.
- Use a clean teaspoon to take the pills out of the packet.
- Tip 1 dose (usually 1 pill OR if very tiny 2-3 pills ie from Source Homeopathy) into your mouth and allow it to dissolve under your tongue.
- Use a different spoon for each remedy.
- Avoid food, drink and strong odours (i.e toothpaste, mints, chewing gum etc) for 15 minutes before and after taking the remedies.
- You can rinse your mouth with water before and after taking remedies if necessary.
- Keep remedies in a cool, dark place away from strong odours.
- Remedies are supplied as **hard sucrose pills**. Other pills can be ordered. Please let me know if you require something else.

Water Dose

Water doses can be helpful for babies and those very sensitive to remedies. You will need - Spring water, Brandy OR Vodka, a small jar sterilised (approx. 300ml size).

- Fill the jar with spring water 2/3 full
- Add 1 remedy pill. Source Homeopathy, 2-3 tiny pills. Remember to label your jar with the remedy name.
- Add 1 tbsp brandy or vodka (as a preservative).
- Store in a cool, dark place & out of the reach of children.
- **Taking your dose.** Ensure the remedy jar is closed tight. Bash jar hard onto a soft surface 3 times. This mixes and activates the remedy and must be done before every dose. "Succussing" is done to activate the remedy and very slightly raise the potency before each dose.
- **Dose** = 1/2 a teaspoon to be taken on the tongue.
- Your remedy is good to use for 1 week IF kept in a cool dark place.

LM Potency

Order liquid remedy in dropper bottles in alcohol. Your prescription will state something like "bang 5 times and take 5 drops" or similar.

- Take the remedy bottle and **bang the bottom of the bottle** on a book or the palm of your hand. Bang the number of times indicated in your prescription.
- Take **the number of drops** indicated in your prescription and add to a small tumbler of water. ie 1 tablespoon and drink all the water. **THIS IS 1 DOSE.** Repeat each time you take a dose.

**If you experience any uncomfortable symptoms
stop the remedies & contact me.**

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