

HOMEOPATHIC MEDICINES

GENERAL DESCRIPTION

Homeopathic Medicines are prepared from plants, animals, or minerals. They are prepared in serial dilution, which means that they contain minute amounts of the original substances. Further, these medicines are prepared in varying dilutions; the high potency signifies a high number of serial dilutions, and thus infinitesimal amounts of the original material. Combination medicines, which are usually liquids, are prepared from one or more low potency medicines. Essentially, they act energetically by triggering the individual's vitality and immune response

Gemmotherapy is an offshoot of traditional homeopathy, whereby a homeopathic mother tincture (potency 1x) is prepared from the fresh sap, buds, seeds, etc. that the plant produces in the spring. These medicines, which sit astride the boundary between homeopathy and herbal medicine, have strong energetic qualities, and thus are considered low potency homeopathics. They may be taken along with other low potency liquid homeopathic medicines. They are used for their tonic, anti-inflammatory and particularly for their strong drainage properties.

Instructions for Use:

Homeopathic Medicines are primarily absorbed in the oral cavity, under or on top of the tongue. **Take no food or drink, other than water, for at least 15 minutes before or after.** (Other medicines including herbs, vitamins, etc, are also **not** taken within 15 minutes.) They are prepared in sugar granules and tablets or as liquids.

Granules or tablets should be held under the tongue for 5 minutes after which any excess may be swallowed. Liquids should be retained in the mouth for 30 seconds before swallowing. Avoid touching the medicines or droppers.

Taking Homeopathic Medicines in Succession:

Most liquid remedies, excepting Gammadyn Oligotherapy, may be taken together in a small amount of purified water in a single step. Granules may be taken 1 minute after swallowing the liquids. If several different granule medicines are to be taken at the same time, then each remedy is to be held under the tongue for 5 minutes, then swallowed and then the next remedy may be taken immediately after swallowing. Usually the single dose for homeopathic granules is 2 or 3 granules to be taken together at once.

Antidotes:

Several things may antidote Homeopathic Medicines including coffee, dental work, and strong aromatic oils particularly **CAMPHOR** (Vicks, Tiger Balm, many throat lozenges) and **MENTHOL** (mint tea, cough drops, toothpaste and gums). Speak to your Doctor about any of these you are currently using. We do supply Homeopathic compatible toothpaste and gum. Also radiation and strong electromagnetic fields may disrupt the remedies so avoid any exposure to these. If possible hand check your remedies at airport security.