

### **How to take your homeopathic medicine:**

- If you have been given an envelope of medicine:  
Carefully open the envelope. Without touching the pellets, empty the contents into your mouth. Let dissolve. Do not eat or drink for 5 minutes.
- If you have been given your medicine in a clear plastic container:  
Carefully pour the number of pellets written on the label into the lid and empty into  
your mouth without touching. Let dissolve. Do not eat or drink for 5 minutes.
- Do not store your homeopathic medicines near aromatics, direct heat or sunlight.

**The following MAY interfere with treatment. Avoid using at least until we have found the medicine that works for you. After that, you can choose to experiment to see whether the following substances are compatible with homeopathy for you. If not, you will need to avoid them as long as you are under homeopathic treatment.**

- Aromatic substances including camphor, eucalyptus, menthol, Tea tree products, strong pine or cedar products. A partial list of includes Vick's, Chapstick, Blistex, Carmex, Ben Gay, Tiger Balm, Noxema, Listerine, Lysol, Pine Sol, Citronella, lavender, Altoids, and many aromatherapy products. Avoid ALL exposure: internal, topical, or smelling them.
- Coffee products including caffeinated, decaffeinated, mocha, and ice cream, desserts, or candy containing coffee (such as tiramisu, Kahlua, coffee-flavored jelly beans). Coffee is the problem, not caffeine, although caffeine is not healthy.
- Electric blankets. This does not include heating pads or water bed heaters.
- Dental work. Drilling, novocaine, and ultrasonic cleaning may interfere with homeopathy. We can suggest the best timing of any non-emergency dental care.
- Recreational drugs
- Permanent waves
- Acupuncture
- If your medicine *Natrum muriaticum*, avoid ALL mint products.
- Some conventional medications. Please contact us before taking antibiotics, steroids, or other medications taken internally or applied topically. In many cases, we can suggest natural alternatives that will not interfere with homeopathic treatment.
- Some procedures/ therapies such as MRIs and therapeutic ultrasound. X-rays are fine.
- Any other homeopathic medicines, except in first-aid situations. In acute illnesses, please consult with us before using any other homeopathic medicines in any form.

### **If you think your medicine has been disturbed by these substances or exposures:**

Unless you are really suffering, please wait two weeks before calling us. In some cases the medicine will begin to act again after a week or so. If not, please call to let us know.