



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Health Care

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## Guidelines for Taking Homeopathic Remedies

1. Take nothing by mouth fifteen minutes *prior to* or *following* dosage. This includes food, drink, nutrients, cigarettes, chewing gum, toothpaste, etc. These instructions do not apply to topical applications.
2. As much as possible, eliminate *caffeine* in any form, i.e., soft drinks, coffee, chocolate, etc. Caffeine may inactivate homeopathic remedies.
3. As much as possible, limit *mint* in any form, such as tea, candy mints, toothpaste, mouthwash, etc. Mint can be used as an antidote to stop the action of a homeopathic remedy, if necessary.
4. No *camphor*, such as in muscle and joint rubs.
5. Avoid *dental drilling* during the span of time you are taking homeopathic remedies. If it is necessary, repeat the remedy, i.e., restarting the duration.
6. Avoid *mothballs*.
7. Limit breathing in *strong odors* such as paint thinner, eucalyptus (Vicks<sup>®</sup>), and cigarette smoke.
8. Avoid *raw garlic*. Cooked garlic is okay.
9. *Alcohol Sensitivities*: If the patient is sensitive to alcohol he or she may put the drops into a three ounce glass of warm water and allow one minute for the alcohol to evaporate. Another method is to put the drops on a plain mini rice cake, allow the drops to dry, and then eat the rice cake. Also, an alcohol sensitive patient can put the drops in a teaspoon and pass the spoon through an open flame (a lit candle) several times to burn off the alcohol, waiting for the spoon to cool prior to taking the dose.
10. Do not put remedy in *direct sunlight* or near sources of *radiation* such as televisions, cell phones, microwaves, or computers. Never allow homeopathic remedies (or vitamins or minerals) to go through the x-ray at airport security. Have them hand checked, and show them this memo.
11. Do not *touch* your remedy if it is in *pellet* form. Pour the pellets either into the lid of the container or into a non-metal spoon.
12. Do not let the *dropper touch* any part of your mouth if you have a *liquid* homeopathic.

*By following these guidelines, you will give the homeopathic remedy the greatest opportunity to succeed.*