

Lifesong Healing

Transform your life!

HOW TO TAKE YOUR HOMEOPATHIC REMEDY

When taking remedies, do not touch the pellets or tablets. Tap the appropriate number of pellets into the bottle cap and then just pour them from the cap into your mouth. The mouth should be free of any strong tastes. In the case of pellets dispensed in an envelope or small baggie, tap the pellets onto a clean piece of paper, a paper cup or a spoon. It is better not to touch the pellets. Allow the pellets or tablets to dissolve on or under your tongue. They can be crushed between two spoons or in a clean paper for a child, or placed between the child's cheek and gums.

Do not eat, drink or smoke anything 15 minutes before and after taking a remedy. This includes other medications as well as vitamins and supplements. Water is permitted anytime. In an emergency case, such as an injury, take the remedy immediately no matter when you have eaten.

Remember not to store your remedy near any electrical source or appliance, magnets, or in direct sunlight.

There are some substances that counteract, or interfere with the action of a homeopathic remedy. See "What to Avoid While Under Homeopathic Treatment".

WHAT TO EXPECT AFTER TAKING YOUR HOMEOPATHIC REMEDY

If you have any new symptoms that develop or old ones that intensify, please call me before taking the rest of your remedy, or any other medication, (unless it's an emergency, in which case you should call 911 or go to the emergency room.) Sometimes these other symptoms may be part of a "healing crisis" or "aggravation" as your body pushes out old weaknesses and imbalances and seeks to restore you to a state of health. Experiencing a return or worsening of symptoms is almost always short lived. Listen to what your body is telling you. If you are tired, please rest or nap. Honor the changes in your body and trust in the healing process.

KEEPING TRACK & COMMUNICATING

Try to be aware of any physical, emotional, or mental changes you experience. Keeping a journal is often helpful, as we don't always notice gradual changes in ourselves. Please call, email, or text when you can, just to let me know how you are doing. Don't hesitate to call me with any questions or concerns. Keeping me informed of your progress helps me to help you better. We should meet again shortly after you finish taking your remedy.