

Lifesong Healing

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WHAT TO AVOID WHILE UNDER HOMEOPATHIC TREATMENT

The following will interfere with the action of a homeopathic remedy:

Coffee: This is the one substance which is most often responsible for antidoting a homeopathic remedy. Even one sip of coffee or a small amount of coffee ice cream, kahlua, or coffee bean candy may antidote a remedy. It appears to be the oils in coffee rather than the caffeine alone which is the culprit. Although caffeinated tea is not usually a problem with homeopathy, strongly caffeinated substances like Zoom or No-doz should also be avoided as well as guarana and mate (caffeinated beverages from South America).

Electric blankets or heating pads: They affect remedies by altering your body's electromagnetic field. Hot water bottles are fine.

Aromatic substances: Avoid camphor, eucalyptus, menthol, and any products which contain them including Vick's, Noxema, Tiger Balm, Ben Gay, Calamine lotion, and cough drops and lozenges containing these substances. Some patients need to avoid mint, menthol, cinnamon, and other aromatic toothpastes and mouthwashes. In this case, consider brushing with baking soda, or use a milder toothpaste such as some of the fruit flavored ones marketed for children. It is also fine to use only a wet toothbrush.

Citronella oil, pennyroyal, and other aromatic herbal mosquito repellants, all thuja and tea tree (melaleuca) products, peppermint oil, and lavender oil may antidote remedies due to their aromaticity. Chapstick, Blistex, and other aromatic lip balms should also be avoided. Strong fumes from oil-based paint, turpentine, paint thinner and certain household cleaning agents such as Pine Sol, Lysol, and strong-smelling industrial chemicals may also interfere with remedies in sensitive individuals.

Medications: Homeopathic medicines will not prevent prescription drugs from working, but prescription drugs may interfere with homeopathic remedies. These include antibiotics, cortisone, and antifungals, whether topical or oral. Consult with your practitioner about any drugs which you are taking. Never discontinue a drug or treatment your medical doctor has prescribed without discussing it with him/her first. If you experience severe pain, aspirin or Tylenol usually do not interfere with homeopathic remedies, but this can usually be treated successfully with homeopathy. In addition, it is important to remember that ALL symptoms you experience are part of your remedy picture, and should be discussed with your homeopath.

Immunizations: Immunizations may interfere with remedies. Whether you take them or not is your personal choice, however you may want to discuss their effects with your practitioner.

Dental work: Homeopathic remedies are often antidoted by dental drilling and the use of Novocain. It is preferable, if possible, to wait at least three or four weeks after taking a remedy to have dental work done. In the case of emergency dental work, have it done and call your practitioner afterwards. In many cases, homeopathic remedies will relieve dental pain until you have a chance to visit your dentist.

Drugs: Avoid all recreational drugs including marijuana, cocaine, LSD, barbituates, and amphetamines. Alcohol in moderation will not interfere with homeopathic remedies.

Other homeopathic remedies: Do not use Bach Flower remedies, cell salts, or other homeopathic remedies without discussing them with your homeopath first.

Herbs: Check with your homeopath before using herbs for specific medicinal purposes while you are under homeopathic treatment. Herb teas for beverage use, when varied from day to day are fine as are culinary herbs, although excessive use of garlic has been known to antidote a remedy in some individuals. Chinese herbs and moxa may antidote remedies. If you've been given *Natrum muriaticum*, you will be advised to avoid peppermint in all forms, including tea. The remedy *Sulphur* may be antidoted by chamomile tea and *Sepia* may be antidoted by vinegar.

Vitamins: Let your homeopath know which vitamins you are taking. Taking a particular vitamin to eliminate a particular symptom may make it difficult for your homeopath to evaluate your symptoms. Multivitamins and minerals usually do not disturb homeopathic treatment.

Beauty treatments: Permanent waves often antidote remedies because of the harsh and aromatic chemicals. Some skin products and facial treatments will antidote remedies if they contain aromatic substances.

Other therapies: Acupuncture and therapeutic ultrasound have often been found to antidote homeopathic treatment. Some homeopaths have found certain forms of bodywork, including shiatsu and rolfing, to antidote their patients' remedies in some cases. Also, it is best to avoid magnetic therapies at this time.

Mental or emotional Shock: Mental or emotional shock, while usually unavoidable, may alter the action of a remedy. Please call your practitioner if you experience either. Homeopathic treatment can often be helpful in these situations. Your remedy may need to be repeated.

A final note: Sometimes a remedy can be temporarily counteracted, but will resume acting when the offending substance is avoided. Other times a remedy may need to be repeated. Don't hesitate to stay in contact with your practitioner with any questions and to report your progress. Keeping a blog or journal can really help. Most people take their remedies without ever antidoting them. Give your remedy its best chance to work. Be aware, but do not worry. Some simple changes may be required, but homeopathy is part of a journey to health, not one stop along the way. You and your homeopath can figure this out together.