

Homeopathic Remedy Usage Instructions



Whether you prefer pills or drops, these step-by-step instructions will ensure you get the most out of your homeopathic treatment.

Pills:

The preferred method for taking homeopathic pills is to dissolve them under your tongue or water dosage. Follow these steps for dry dosing:

- Tip 3-4 pills into the remedy bottle lid.
- Hold your breath to avoid contaminating the lid and tip the pills into your mouth.
- Alternatively, you can tip the pills onto a spoon and place them in your mouth.

Drops:

If you're using liquid remedies, follow these guidelines:

- Count out 5-10 drops onto your tongue using the dropper.
- Hold the drops in your mouth for approximately 20 seconds before swallowing.

Timing:

For optimal effectiveness, avoid eating or drinking for 30 minutes before and after taking a homeopathic remedy. Drinking water is permissible.

Antidoting:

Homeopathic remedies can be counteracted by certain substances, including Mint, Eucalyptus Oil, Tea Tree Oil, Oregano oil, and Coffee.

Oral Hygiene

Refrain from brushing your teeth with toothpaste one hour after taking the remedy, as mint can counteract the effects. If you consume coffee, ensure you take your remedies one hour after your coffee, as coffee can also have an antidoting effect.

