

Instructions on how to take your homeopathic drops

Homeopathy is a healing process in which the remedies stimulate and encourage the body's natural healing forces of recovery. They are completely safe, non-toxic, non-addictive and safe for babies, the elderly and everyone in between. Because homeopathic drops are infinitesimally small dilutions of mother tinctures they are electrical frequencies rather than chemical medications. You could take the entire bottle at one time and it would not hurt you. If you accidentally took someone else's drops, your body would ignore the frequencies that do not resonate with you.

1. For greatest effect your homeopathic drops should be taken first thing in the morning. If your toothpaste contains mint, please do not take your drops for 20-25 minutes after brushing your teeth. They may also be taken throughout the day as long as they are taken at least 15 minutes before meals or 30 minutes after eating.
2. Prior to taking your drops, succus your bottle 10 times by striking the bottle on the palm of your hand. Puddle the drops under your tongue, hold them for 1 minute and then swallow.
3. If you are taking drops from more than one bottle you can take them at the same time. A second dose of each bottle may be taken 15 minutes after the first and so on, though you may prefer to spread the doses throughout the day. If you forget a dose don't worry, just get right back on track.
4. The remedies are based in an alcohol/water solution to prevent bacterial growth. If the taste is too strong you may dilute it in a small amount of **filtered** water. Drink plenty of water when you are taking homeopathic drops to facilitate your detoxifying process.
5. Try not to let the dropper touch your tongue, teeth, or lips as that can contaminate the drops by introducing too much bacteria. If it does accidentally touch, before placing the dropper back into the bottle please: rinse the dropper under hot water, clean with hydrogen peroxide, rinse again with hot water. A good way to avoid this problem is to look in the mirror as you take your drops.
6. **Do not store your homeopathics within 3 feet of anything electrical.** Energy fields emanating from appliances and batteries can change the frequencies in the drops in a few hours. A few *minutes* in an energy field is okay, but find a place to keep your drops safe. Also keep them out of direct sunlight and don't leave them in a hot car. X-rays will destroy your drops instantly so never let them be x-rayed at the airport.
7. After you begin taking homeopathic drops, you may feel a little flu-ish and/or grumpy the first week to 10 days. Don't be alarmed – this is actually a good sign that your immune system is kicking in and you are cleansing. You should feel better soon with only occasional, short-lived recurrences of old symptoms thereafter. Take note if you have a reaction/aggravation to any of the remedies. If a symptom occurs suddenly, stop the drops and call us.
8. Please bring your drops to each appointment. We will test your homeopathic remedies to check if you still need particular items or are ready for others.