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CARE IN HANDLING AND TAKING
HOMEOPATHIC REMEDIES

Homeopathic remedies require special handling and storage to preserve their power and prevent them becoming inert due to contamination.

They should always be kept in the container in which they are supplied and never transferred to any other box, bottle etc. which has contained other substances or which has any scent.

They should always be kept away from strong light, from great heat and from strong electrical currents. It is especially important that they are kept away from microwaves and from strong odours or perfumes, for example camphor, menthol, moth balls, carbolic soap, essential oils.

If stocks of remedies are kept, it is important not to open more than one remedy at a time because of the risk of cross-potentiation and spoiling of the remedies.

Also the container should be opened for the minimum time required and care taken not to allow contamination of the lid or cap before replacement.

The remedies are usually supplied in the form of pellets or liquids. Pellets should be tipped into the lid of their container and then tipped directly under the tongue. Liquids should be dropped straight onto the tongue. Any pellets or fluid that fall elsewhere must on no account be returned to the container, but should be discarded. To put them back would risk contamination of the remainder.

Pellets and pills should not be sucked like candies but simply allowed to dissolve completely. Drops should be held in the mouth for several seconds before swallowing.

The dose should be put into "a clean mouth". It should not be taken until the mouth is free from the effects of food, drink, tobacco smoke, toothpaste, coffee, mouthwash, confectionery etc. A good general rule to remember is that the remedies should not be taken within half an hour before or one hour after eating. The minimum time recommended is twenty minutes.

No water need be taken to "wash down the remedy". Absorption takes place in the mouth.

While taking homeopathic remedies the use of all other crude medicines should be avoided if possible, including laxatives, nasal drops, liniments and flavoured lip salves, unless otherwise recommended. They may interfere with the action of the homeopathic remedy and destroy its effectiveness. Strong smells such as camphor, eucalyptus or tea tree oil can antidote the effects of a remedy even weeks after it was taken.

Sometimes the remedy has to be taken in water. The cup, glass or spoon used should be cleansed before further use with another remedy. This can be accomplished by the dry heat of an oven for half an hour, microwaving for a minute, or wash in dishwasher.

For children under the age of two years, pellets should be dissolved in a little clean water, not tap water. A clean spoon or dropper can be used to give the child a half a teaspoonful to a teaspoonful of the fluid once. Discard any remaining water containing the remedy.

For those who are intolerant of alcohol, the following handling will remove the majority of the alcohol and the risk of reaction, without destroying the remedy:

- 1) Fill a glass shot glass with boiling water. The heavier the glass the better as it will hold the heat longer.
- 2) After the hot water has heated the glass, empty and refill.
- 3) Place the required number of drops of the remedy into the hot water and allow to stand until cooled.

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