



**Boiron Webinar:
Back to School and Work
Stress and Sleep Issues
Q&A Attendee Questions
9/21/22**

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Do the pellets expire?

Boiron, medicines are subjected to stability testing in harsh environments (higher temperature and humidity) and then tested. From this, the expiration date is set (usually five years for solid forms and three for liquid forms) during which the quality of the medicine is guaranteed if it is stored in normal conditions as written on the package drug facts. Inactive ingredients (sucrose, lactose, etc.) slowly oxidize with time. Even when we cannot control the concentration of active ingredients due to their level of dilution, we can measure the degree of oxidation or decay of the inactive ones.

What is the difference between 1 grain and 5 grain of dosage?

A grain is about 64.7 mg and is the weight of a small pellet. In homeopathy, why do we use 5 pellets instead of one or 3? The amount of active substance is very diluted, so it doesn't matter if you give a quantity of five times the same quantity. What matters is the time of contact between the dissolving pellet and the mouth's mucous membrane. The longer the time, the more reliable the effect of the medicine.

A consensus of homeopathic physicians from the Center for Education and Development of Homeopathy (CEDH), comparing their results, came up with a recommendation for 5 pellets per dose. After this, most clinical studies were conducted using 5 pellets per dose. More pellets per dose do not appear to give any advantage, but a lesser number gives less reliable results.

Stress causing eye pain, headache, sensitive skin on left face. What remedy?

Sanguinaria canadensis for pain that follows the sun curve. Bryonia for pain worsened by the slightest movement, even the eyes.

If the child has arrhythmia, will Coffea cruda trigger it?

Coffea cruda in homeopathic form will not trigger arrhythmia.

When you are using two supplements, do you dose them at different times of the day?

I assume you mean “homeopathic medicines” which are drugs, not supplements. If you are using them for acute symptoms, it makes sense to take them at different intervals so you can evaluate their efficacy.

Are these all remedies for hard to fall asleep? What about kids that wake up often in the middle of the night?

Some of these medicines (Hyoscyamus, Stramonium, and Nux vomica) are for restless sleep, which can lead to waking up during the night. Coffea cruda is more for delayed sleep.

If a child fits Arsenicum album almost completely except for “always cold,” would that remedy still fit? Child has complex bedtime routine and always wakes between 1-3 a.m., but not to use restroom, just wakes up mother instead, to say hello.

I recommend Arsenicum album 30C for a couple of nights, 5 pellets at bedtime.

For sleep issues, would you also entertain Passiflora?

Passiflora or Valeriana in very low dilutions, even tincture, are mild sedatives. I recommend using orange blossom water to start. It’s safe, tastes good, has no alcohol, and acts as a mild sedative.

I am still confused about dilutions and frequency of repeating doses.

Here’s a video that can help explain dilutions: <https://vimeo.com/371126331> The frequency of doses depends on the intensity of symptoms: the more intense, the more frequent. For high dilutions (behavioral issues), always start with a low frequency and increase progressively if needed.

I have many who complain about waking at 3-4 a.m., very busy brain, thinking about all the things to do, lists, etc. at night and cannot fall back asleep. Nux vomica and Coffea, well indicated remedies have not worked. Any other suggestions?

Many people experience that kind of sleeplessness after the age of 40. They do not need as much sleep. If they typically get a healthy amount of sleep, this is not a problem. You can increase physical activity (that worked for me). Use Nux vomica only if clinical symptoms are present.

Do you have any specific suggestions for sleeplessness in old age?

Many people experience sleeplessness as they age. As we grow older, we do not need as much sleep. If you get a healthy amount of sleep (that needs to be verified by your doctor), this is not a problem. You can increase physical activity, which worked for me. I can be awake for up to 3 hours per night spending time reading before going back to sleep for a total of 7 hours of sleep per night.

A grain. They are globules, no?

They are tiny pellets (#10 pellets), smaller than Oscillococcinum pellets. These are usually used for LM dilutions.

What do you say to those who recommend dissolving a very small amount in water, shaking to potentize and sipping a little at a time? This is supposed to be more effective and not use more medicine than necessary.

One dissolves pellets only when the patient cannot take them in the mouth (young children, intubated people, mucositis, teeth removed, etc.). There is no indication that efficacy is increased, but the quality of the medicine may be affected. Boiron takes great care to manufacture pellets with the same amount of medicine medicating the entire pellet to ensure perfect reliability.

When creating the Boiron formulas, how are the remedies in the combinations chosen? Is it just the “top 5 best remedies” since there is no way to individualize the medicine to the person taking it? I practice classical homeopathy.

The combinations have been created to help people with acute, self-limiting conditions, benefit from homeopathy without having to consult a homeopathic doctor. The physicians, who created Boiron’s formulas, used medicines targeting different common symptoms associated with the condition and were reliable.

Sometimes the pellets cause teeth sensitivity shortly after disintegration. Is there a way to lessen the sucrose (dilute in water first, etc.)?

This is an issue that is caused by the teeth, not by the pellets. Sucrose and lactose are used because they are neutral, not expensive, and we can form pellets that house the homeopathic solution inside as opposed to on the surface, increasing reliability. I recommend rinsing the mouth before and after, so the teeth are less affected.

An infant of 15 days sleeps only for 2-4 hours a day, only responded to Carcinocin. Is it okay?

Unfortunately, I have no experience with Carcinosinum. The strain is not well defined and not in the U.S. Pharmacopoeia for this reason. If a 15-day-old child doesn’t sleep more than 4 hours a day, this is a serious medical condition. But it needs to be confirmed by a health care practitioner.

Do you find remedies lose potency or effectiveness if carried in a purse and being exposed to a cell phone?

Electromagnetic fields that change the efficacy of homeopathic medicines must be so strong that they would also affect living tissues. This was tested in France and found that we had to use intense X-rays and gamma rays to change the efficacy of homeopathic medicines. Cell phones, cash register lasers, etc., are too weak to alter homeopathic medicines. They are sensitive to heat but not much to electromagnetic fields.

Sometimes I find that 5 pellets dissolve quite quickly; other times, it takes quite a long time. What causes this?

It is probably the quality of the saliva which tends to be thicker in the morning.

Does Boiron have any formulas for vertigo?

No, but you can contact the Boiron Information Center at Info@Boiron.com and request some protocols for vertigo.