

Homeopathy is a gentle and natural healing system that works with the body to relieve symptoms, restore vitality, and improve overall health. It is a federally recognized form of medicine regulated by the FDA. See www.homeopathycenter.org to learn more



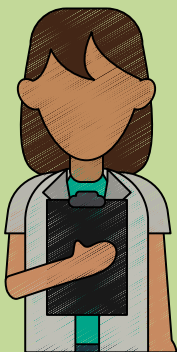
CHRONIC OR ACUTE?

Determine if the condition is acute or chronic. If chronic, seek care from a professional homeopath. If acute, you can consider homeopathy at home.



6C
12C
30C

Homeopathic remedies come in various strengths (or potencies): the 6c, 12c, and 30c strengths are gentle and recommended for home use. Start with the lowest potency you have, and move up if it stops working.



FIND A PROFESSIONAL

Chronic conditions may require a higher potency, but must be treated by a professional practitioner. Use the NCH practitioner directory to find a professional homeopath near you.



GOAL

The goal is to find the lowest dose that works. So start with the lowest potency and move up only if it stops working.

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