

HOW A HOMEOPATHIC REMEDY IS MADE

The remedy-making process begins by taking an original substance and making it into a tincture. As an example, we'll use the plant *Arnica montana*.

1

One drop of *Arnica montana* tincture is added to 99 drops of alcohol to achieve a 1:100 ratio. This is equal to a 1c potency. **This step is called dilution.**



2

The 1c mixture is strongly shaken. **This step is called succussion.**



3

Steps 1 and 2 are repeated to reach the desired potency. For example, creating a 30c potency requires making the tincture plus 29 rounds of Steps 1 and 2, a total of 30 rounds.



4

Pellets are medicated with the mixture to create the remedy. In this example, the finished remedy is called *Arnica montana* 30c.

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Though homeopathic remedies are diluted, they are still medicine. It is important to follow dosing instructions on the bottle or follow the guidance from a homeopathic practitioner.

The information in this handout should not be interpreted as a recommendation to treat any particular disease or health-related condition. Consult your medical doctor about all health-related concerns. For severe or life-threatening conditions, seek emergency care or dial 911.