

HOW TO USE HOMEOPATHY

Homeopathy is a gentle and natural healing system that can relieve symptoms, restore vitality, and improve overall health.

START

1

Determine if the condition is something you could/should try to help at home.

2

Does the condition need a physician or require emergency room care?

YES

STOP!
Seek medical assistance, IMMEDIATELY!



3

Is it a short-term illness, or is it a flare-up of a chronic condition?

NO

SHORT-TERM

Next, observe the symptoms. Pay attention to any that are unusual or strong. Has there been a change in mood? What behaviors or environmental factors seem to make symptoms better or worse? It may help to write down the symptoms.

CHRONIC

STOP

If chronic, seek care from a homeopathic practitioner.



FINISH

If your symptoms don't improve with the first remedy, don't give up. It can take a couple of tries to find the best matched remedy for your symptoms, especially if you are new to homeopathy. If you need help finding the right remedy, consult a homeopathic practitioner.



Compare the symptoms to descriptions of remedies known to help the illness. Choose the remedy that most closely fits the symptoms (keep in mind that not every symptom has to match).

If, after 3 doses, there is no change, then it is likely time to try a different remedy or contact a healthcare professional.

Give one dose (3-5 pellets) of the selected remedy under the tongue, then **WAIT** and **OBSERVE**. If there is no improvement within two hours, give a second dose. If you are dosing for an emotional upset, wait 24 hours before giving a second dose.

This project was supported by a grant from the Charles M. Bauervic Foundation

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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.