

Less is more with homeopathic remedy potencies. A person needs the lowest potency that works.
See www.homeopathycenter.org to learn more.



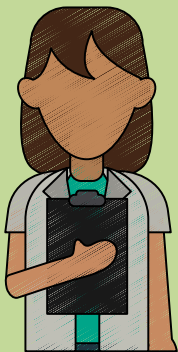
SHORT-TERM OR CHRONIC?

Determine if the condition is a short-term illness or a chronic condition. If short-term, consider using homeopathy at home. If chronic, seek care from a homeopathic practitioner.



6c
12c
30c

Homeopathic remedies come in various potencies (or strengths): the 6c, 12c, and 30c potencies 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 remedy, which a practitioner must provide. Use the NCH Find a Practitioner directory to locate a homeopathic practitioner.



GOAL

The goal is to use the lowest potency that works: start low and move up only if the remedy stops working.

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