



# HOW TO TAKE HOMEOPATHIC REMEDIES

## GATHER THE SYMPTOMS

Finding a remedy for a short-term illness\* is like being a detective. Pay special attention to symptoms that are unusual or exceptionally strong. Notice whether there has been a change in mood and what behaviors, environmental factors, or time of day seem to make symptoms better or worse. You may want to write it all down to help you choose the remedy.

## CHOOSE THE REMEDY

Choose the remedy that most closely fits the symptoms, keeping in mind that not every symptom has to match exactly. For example, you might find most of the symptoms fit a particular remedy except the person is thirsty, and the remedy is associated with little thirst. Don't let one symptom mismatch stop you from choosing that remedy, especially if the majority of the others match.

## TAKE THE REMEDY

Take the remedy in a clean mouth—no food, drink, mints, etc., for 15 minutes before or after the remedy. Open the tube, let the pellets fall into the cap, and drop them into the mouth without touching the pellets. Allow pellets to dissolve in the mouth.

## OBSERVE THE SYMPTOMS

Observe the symptoms after one hour. For more intense symptoms, observe every 15 minutes.

### SYMPTOMS GET BETTER

#### **STOP DOSING**

Dose again if symptoms reappear.

### NO CHANGE IN SYMPTOMS

#### **GIVE ANOTHER DOSE**

If no change after 3 doses (given every 2 hours), switch remedies.

### SYMPTOMS GET WORSE

#### **GATHER MORE SYMPTOMS**

#### **REMEMBER:**

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.

\*Short-term illness, such as a cold, flu, bee sting, or sunburn, lasts for a brief time. Chronic issues last longer and require the expertise of a homeopathic practitioner in most cases. Find a homeopathic practitioner here: [homeopathycenter.org](http://homeopathycenter.org)

[www.homeopathycenter.org](http://www.homeopathycenter.org)

© 2024 National Center for Homeopathy

The information herein 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.



# HOW TO TAKE HOMEOPATHIC REMEDIES

## GATHER THE SYMPTOMS

Finding a remedy for a short-term illness\* is like being a detective. Pay special attention to symptoms that are unusual or exceptionally strong. Notice whether there has been a change in mood and what behaviors, environmental factors, or time of day seem to make symptoms better or worse. You may want to write it all down to help you choose the remedy.

## CHOOSE THE REMEDY

Choose the remedy that most closely fits the symptoms, keeping in mind that not every symptom has to match exactly. For example, you might find most of the symptoms fit a particular remedy except the person is thirsty, and the remedy is associated with little thirst. Don't let one symptom mismatch stop you from choosing that remedy, especially if the majority of the others match.

## TAKE THE REMEDY

Take the remedy in a clean mouth—no food, drink, mints, etc., for 15 minutes before or after the remedy. Open the tube, let the pellets fall into the cap, and drop them into the mouth without touching the pellets. Allow pellets to dissolve in the mouth.

## OBSERVE THE SYMPTOMS

Observe the symptoms after one hour. For more intense symptoms, observe every 15 minutes.

### SYMPTOMS GET BETTER

#### **STOP DOSING**

Dose again if symptoms reappear.

### NO CHANGE IN SYMPTOMS

#### **GIVE ANOTHER DOSE**

If no change after 3 doses (given every 2 hours), switch remedies.

### SYMPTOMS GET WORSE

#### **GATHER MORE SYMPTOMS**

#### **REMEMBER:**

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.

\*Short-term illness, such as a cold, flu, bee sting, or sunburn, lasts for a brief time. Chronic issues last longer and require the expertise of a homeopathic practitioner in most cases. Find a homeopathic practitioner here: [homeopathycenter.org](http://homeopathycenter.org)

[www.homeopathycenter.org](http://www.homeopathycenter.org)

© 2024 National Center for Homeopathy

The information herein 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.