

How to Take Your Homeopathic Medicine and Avoid Interfering Factors

- Single dose medicines:

Carefully open the envelope. Without touching the pellets, empty the contents into your mouth.

- Liquid medicines in brown glass bottles:

You should have received written instructions for taking LM or plussed medicines.

In either case, do not eat or drink for at least five minutes. Store the medicine away from aromatics, direct heat or sunlight.

The following *MAY* interfere with treatment. Avoid using at least until we have found the medicine that works for you. Then you can choose to experiment to see whether the following substances are compatible with homeopathy for you. If you are taking a daily or frequent medicine, exposures to these substances are not as important.

- *Aromatic substances* including camphor, eucalyptus, menthol, Tea tree products, strong pine or cedar products such as Murphy Oil soap Vick's, Chapstick, Blistex, Carmex, Ben Gay, Tiger Balm, Noxema, Listerine, Lysol, Pine Sol, Citronella, and lavender. Avoid ALL exposure: ingesting, topical, or inhaling. Floral scents like rose are fine.
- *Coffee* products including caffeinated, decaffeinated, mocha, and ice cream, desserts, or candy containing coffee (such as tiramisu, Kahlua, coffee-flavored jelly beans). Coffee is the problem, not caffeine, although caffeine is not healthy. Chocolate is fine.
- *Electric blankets*. This does not include heating pads or water bed heaters.
- *Dental work*. Drilling, novocaine, and ultrasonic cleaning may interfere. (Sonicare is fine.) We can suggest the best timing of any non-emergency dental care.
- *Recreational drugs*
- *Permanent waves*
- *Acupuncture*. Please ask us before receiving acupuncture treatments.
- If you have been given *Natrum muriaticum*, avoid all mint products. Otherwise mint is okay with the exception of strong mints such as Altoids and peppermint oil.
- *Some conventional medications*. Please contact us before taking antibiotics, steroids, or other medications taken internally or applied topically. In many cases, we can suggest natural alternatives that will not interfere with homeopathic treatment.
- *Some procedures/ therapies* such as MRIs and therapeutic ultrasound can interfere with homeopathic homeopathic treatment. X-rays are fine.
- *Other homeopathic medicines*, except in first-aid situations. In acute illnesses, please talk to us first, if possible, before self-prescribing homeopathic medicines.

If you think your medicine has been disturbed by these substances or exposures:

Unless your symptoms are severe, please wait two weeks before calling us. In some cases the medicine will begin to act again after a week or so. If not, please call to let us know.