

Storage of Homeopathic Remedies

Homeopathic remedies are sensitive to outside influences but can remain potent for many years if stored correctly.

1. Store them in a cool dark place, away from strong-smelling substances such as eucalyptus, camphor, oil of cloves, Vic vapour rub and aromatherapy oils. It is not a good idea, therefore, to keep them in the bathroom.
2. Do not store remedies near mobile phones, televisions, microwave ovens or computers.
3. Ensure the lid is well secured after use.
4. Do not store where there is direct sunlight, or excessive heat or cold.
5. Don't transfer remedies from one container to another.
6. When travelling, ensure remedies are protected from X-ray equipment in airports and certain train stations (e.g. Eurostar). Protect by wrapping in three layers of aluminium foil and putting in your main luggage.

How to take the remedies:

1. Don't touch the pills. Tip a tablet onto the lid and put it directly into the patient's hand or mouth. [NB: Children can take remedies in the form of granules or powders; or a tablet can be crushed between two clean teaspoons. Alternatively, place the tablet in a small glass of fresh water, stir vigorously, and take one teaspoon-full of the liquid as the dose.]
2. Avoid returning any pills to the bottle. If they spill, throw them away.
3. Suck the tablet, or bite it and suck the pieces. Don't swallow it whole.
4. Avoid food and drink (except for water) for fifteen minutes before and after taking the remedy.
5. Over the course of treatment, try to avoid using substances that might hinder the action of the remedy, e.g.: cough mixtures, Olbas oil, Karvol, Vic vapour rub, Fisherman's Friends, Polo mints; also strong-smelling substances containing camphor, menthol, or eucalyptus.
6. Avoid taking anything which may have a medicinal effect on you, e.g.: coffee, sleeping pills. Some conventional medicines (such as antibiotics and antihistamines) also interfere with the action of homeopathic remedies. Other treatments (such as dental work) may antidote the remedies, so let your homeopath know if you are having any other kind of treatment.

How to select the right strength and dose for your homeopathic remedy:

Lower strength potencies such as 6c, 12c and 30c are adequate for First Aid use. At these strengths, doses can be repeated until the patient feels better. Dosage depends on the urgency of the symptoms.

In an acute situation (e.g. sore throat, earache, 'flu), take one dose of the selected remedy and then wait. Observe how the patient feels. One of the following three things can happen:

1. The patient feels better. Do not repeat the remedy while there is improvement.
2. The symptoms improve for a short time, and then get worse again. Repeat the dose at the same strength.
3. There is no effect. Repeat the dose at the same strength. If there is still no improvement, try to find another remedy which closely matches the symptoms.

Sometimes after a remedy there is a general improvement (i.e., the patient feels better in himself/herself), but the symptoms (i.e., fever, headache) persist. In such a case, wait before repeating the remedy.

There is no point in continuing to take the remedy once the symptoms have started to disappear.

Children may sometimes vomit or fall asleep after a remedy. These are good signs. The child should not be disturbed from sleep so long as it appears to be restful.

Homeopathic remedies act as triggers, stimulating the body to heal itself. Once the process has begun, the body's own healing energy will take over.