

Saba Koen, PDHom (UK)

Classical Homeopath

Your natural system for health and healing

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Directions for Storing and Taking Your Homeopathic Remedy



Storing Your Remedies

Homeopathic remedies will keep almost indefinitely if looked after well.

Store remedies away from sunlight and extremes of temperature, preferably in a cool dark place (NOT in the refrigerator or freezer). Keep your remedies away from strong smelling substances including: medicines, garlic, lotions, camphor, perfumes, mothballs etc. Kitchen or bathrooms are NOT good places.

Taking Your Homeopathic Remedy

Your remedy should be taken at least 30 minutes before or after having anything in your mouth. That is, do not eat, drink, smoke, brush your teeth, or put anything with smell or flavor in your mouth (e.g. gum, mints, a flavored toothpick, floss, etc.) within 30 minutes of taking your remedy.

Your hands should also be free of any lotion, creams, fragrant soaps or perfumes etc. when taking the remedy. You can place the remedy in your hand before putting it in your mouth. If you think your hands are too fragrant, use a spoon instead of your hand.

Place the prescribed amount of granules (remedy) in your hand and then put them into your mouth. The remedy should be dissolved in the mouth—if possible the remedy should be held under the tongue for a few seconds where it can more easily and quickly be absorbed.

Do NOT replace any surplus that has been placed in your hand back in the bottle: This may contaminate the rest of the remedy. If any granules accidentally fall on the ground, just throw them away.

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If your remedy comes in a bottle, please ignore the 'complaint' listed on the bottle. It is unlikely to match your own. Homeopathic remedies have an extremely broad application and this symptom(s) on the bottle will be one of hundreds or even thousands that this remedy can help. In any case, I will have selected this remedy because it matches your 'whole picture' and not because of one or a few symptoms.

Keep remedies away from

Electronic equipment, telephone base stations, mobile phones, TVs, computers, microwaves, etc.

Please avoid eucalyptus, camphor and tea tree oils as well as products that have these in them for the time that we are working together. They can stop the effects of your remedy, even several weeks after having taken it.

What to Expect from Your Remedy

Homeopathic remedies are designed to stimulate your body's natural ability to heal itself—to act as a catalyst for healing. This process of healing varies from person to person. The following are some common responses:

You feel better in yourself: In the weeks after taking the homeopathic remedy you may feel better in yourself, you may experience an increase in energy and/or your complaints may improve.

You feel more tired than usual: This could mean that your body is concentrating its energy on the healing process and you can help by resting and/or sleeping more (going to bed earlier at night and/or taking a nap in the day). You may also want to cut out caffeine and alcohol to encourage this healing process further.

You experience a worsening of one or more of your symptoms: This may be a good sign, keep notes of what happens and contact me if you need advice.

You experience a return of old symptoms: If you experience (in between consultations) symptoms that are familiar to you please contact me if you are concerned about how long they will last, or would like advice on how to manage them.

You fall ill with an acute illness: Contact me if you would like homeopathic treatment, or to let me know if you need other medical treatment for an acute illness.

Please keep notes of anything unusual or different that happens in between consultations, as well as subtle changes you might not have previously noticed, along with the dates, as this information is meaningful to me and will enable me to track your progress more effectively. I am especially interested in any changes in your energy, moods, appetite, sleep, dreams, and of course, any changes in your symptoms.

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