

HOW TO USE HOMEOPATHY

Homeopathy is a unique system of medicine within the realm of complementary and integrative healthcare. Although homeopathic medicines are derived from natural substances, homeopathy should not be confused with herbal medicine, Traditional Chinese Medicine, essential oils, and other supplements.

START

1

Determine if the condition is something you could/should try to help at home.

2

Does the condition need a physician or require emergency room care?

YES

STOP!
Seek medical assistance, IMMEDIATELY!



NO

ACUTE

Next, observe the symptoms. Pay special attention to any that are unusual or exceptionally strong. Notice whether there has been a change in mood and what behaviors or environmental factors seem to make symptoms better or worse. You may want to write your observations down.

CHRONIC

STOP

If chronic, seek care from a professional homeopath.



FINISH

Don't give up if your symptoms don't improve with the first remedy. It sometimes takes a couple of tries to find the "best match" remedy for your symptoms - especially if you're new to homeopathy. If you continue to have difficulty finding the right remedy for your symptoms, make sure to consult a homeopathic professional.



Next, make a list of your symptoms and compare it to the descriptions of the remedies for that illness. Choose the remedy that most closely fits the symptoms (keeping in mind that not every symptom has to match.)

If after 3 doses there is no change then it is likely time to try a different remedy or contact a healthcare professional.

Once you have selected the remedy, give one dose (3-5 pellets) under the tongue and then **WAIT** and **OBSERVE**. If there is no improvement at all within 2 hrs give a second dose. Note that if you are dosing for an emotional upset wait 24 hrs.

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The information in this handout should not be interpreted as a recommendation to treat any particular disease or health-related condition. Consult your medical professional about all health-related concerns. For severe or life-threatening conditions, please contact your local emergency room or dial 911.