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When Taking a Homeopathic Remedy & Bach Flowers

TAKING THE REMEDY

1. Take the remedy when your mouth is clear of strong odors. The remedy should not be taken sooner than 10 minutes after eating, drinking, smoking or brushing your teeth.
2. Tap the appropriate number of pellets from the bottle into the dispensing cap without touching the remedy with your hands. Drop the remedy into your mouth, preferably under your tongue without touching the dispensing cap with your mouth. For small children, getting the remedy into the mouth without touching it is sufficient.
3. Allow the pellet to dissolve in your mouth before eating or drinking. Usually this takes about 10 minutes or less.

TRY TO AVOID THE FOLLOWING WHILE TAKING REMEDY

1. Coffee (including decaf) and caffeinated tea
2. Acupuncture
3. Dental work
4. Peppermint and other strong mints as in breath mints
5. Camphor and Camphor Products (e.g., Tiger Balm, Vicks Vapo-rub and mint flavoring in products such as toothpaste)
6. Any foods or substances to which you are sensitive
7. Other homeopathic remedies unless directed by the doctor
8. Opening the remedy around any strong odors such as smoke, perfume, or cooking odors

STORAGE OF REMEDIES

1. Cool, dry place - not freezer or refrigerator
2. Not in same cabinets as regular medications
3. Not over or near microwave or television

If you would like to gain greater understanding of how homeopathy works, we recommend the following books and journals:

The Homeopathic Treatment of Children by Paul Herscu, ND

Homeopathy, Medicine of the New Man by George Vithoulkas

The New England Journal of Homeopathy published by Paul Herscu, ND