



Guidelines for Taking Homoeopathic Remedies

1. When taking a remedy, ensure that you do not touch it unless it is in a capsule. Pour into cap and toss under the tongue.
2. Take the remedy at least 20 minutes away from all food and drink apart from water ie with no taste in your mouth. You may drink water at any time. Hence a good time to take your remedies would be first thing in the morning and 20 minutes after a meal.
3. After taking the remedy, wait 20 minutes and avoid food, strong smells eg perfume, coffee etc.
4. Do not drink coffee during your course of treatment as it cancels the effect. If you must have coffee – drink it a couple of hours away from taking the remedy.
5. Keep the remedies at least 1ft/30cm away from anything electrical/sockets/mobile phone etc as this cancels the effect.

I find it easiest to take homoeopathic remedies first thing in the morning and 20 minutes after lunch and dinner. You will have to work out when to take more doses if needed.