

How often to take remedies and what potency?

1. General rule of thumb is to match the amount/intensity of suffering with the potency of the remedy. In other words very intense pain use a 200c or 1M, medium to mild suffering use a 30c.

What is a c scale? The c refers to the form of dilution and succession the remedy underwent in making it. The c scale is 1 drop of macerated substance (say the herb golden seal/hydrastis), to 99 drops of a water/alcohol mix (70/30%), it is then succussed or shaken vigorously 100 times to infuse the liquid with all the substance. Then 1 drop is taken from this and added to a clean water/alcohol mix and succussed again. this would give you your 1c so to reach a 30c it is done another 29 times!

In this form they can then be used according to the natural Law of Similars and applied to heal conditions.

2. How often to take it again depends on the intensity of the suffering; very severe, or in the early stages, take the remedy often, say every 5 minutes until the symptoms start to subside, then slow down to every 15 minutes or every half hour, then every hour and so on.

3. To save your pellets, take 2-3 (even though 1 is all you really need!) and mix it in a glass of water, stir well until dissolved and have the individual sip the remedy this way.

A wonderful starter book is 'Homeopathic Remedies' by Asa Hershoff, or 'Desktop Guide to Keynotes and Confirmatory Symptoms' by Roger Morrison, along with his Desktop Companion.

To order your own remedy kits email the company Phytopia of Vancouver BC at; www.phytopia.biz/

Remember that Homeopathic remedies have absolutely no side effects, they are biodynamic in nature due to the process they are made. And because of this unique nature, as soon as it touches your tongue, they by-pass your metabolic system and go directly into the Central Nervous System, thereby avoiding crossing paths with any crude substances, like other medications, food and herbs which all can create problems if not taken properly.

The three known ways of treating today are;

Curing - permanent removal of disease, only homeopathics can do this.

Palliating - temporary removal of symptoms, application of topical or injected medicines that are in crude form, as long as they are not taken too long or too much.

Suppressing - blocking the natural avenue of healing or even engendering more disease and thereby further weakening the Living Power. This is done with most

conventional medicine today!

If you find that the remedies initially worked but no longer help, you may need to go higher with the potency, it was the right remedy but now may not be acting deeply enough, or maybe the issue is really a chronic one and then true Heilkunst treatment is necessary to remove the suffering.

Or if the well selected remedy doesn't seem to work try the top 3 remedies combined, if that still isn't working this issue may have a deeper core and should be addressed with the help of a professional Heilkunstler.

Thank you for your time and enjoy learning how to use homeopathics at home and discovering how safe and truly effective they can be, when properly applied!

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