



Prescribing Homeopathy in an Acute Situation

When using self-prescribed homeopathic remedies for an acute ailment, or if you have been sent one by your homeopath, you may wonder how often and for how long to take the remedy. The following is a guide:

- If possible, unless in an emergency, take medicine in a clean mouth i.e. no food, drink, smoking for 20 – 30 minutes
- One pill should be shaken into the cap of the bottle and tipped carefully under the tongue and allowed to dissolve, or tipped directly from the envelope into the mouth.
- Use as little of a medicine as possible to stimulate the body's own healing mechanism
- Give one dose and wait to see what relief it brings. If things begin to improve WAIT
- Give another dose if the symptoms stop improving before a recovery is reached; or if symptoms return
- These guidelines could mean that a remedy is needed every 10 minutes in an acute situation, or every ½ hour, one or two hours etc.

PAULINE
START
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