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Neither Lise M. Battaglia, CCH or Homeopathy Healing Arts or GAPSCOACH, or Lise Battaglia Wellness, LLC are practicing medicine, diagnosing, treating or curing illness. All information is offered as historically accurate and within the area of expertise of Lise Battaglia as a homeopathic educator. All statements regarding homeopathy, homeopaths, homeopathic use, remedies, wellness and health have not been evaluated by the Food And Drug Administration.

**These materials are offered as tutoring notes and instructions for Lab Materials ;
should you choose to apply our lessons in your personal life.**

Lab Materials:

Homeopathic Therapy

Please follow the directions on the “Lab Materials” page for taking the remedy.

1. Contact your mentor/coach if there are any changes to the condition.
2. In one week, call your mentor/coach for evaluation. This follow up appointment is very important. There is no cost involved. We will determine if your body has started to heal itself or if a change in dosing will offer the desired results.

Please observe the following guidelines from traditional homeopathic practices

- A. Never touch the granules.
- B. Do not store your homeopathic medicines near aromatics, direct heat or sunlight.
- C. Pour the granules from the bottle into the cap and use the cap to drop them into the mouth, under the tongue.
- D. Take the pellets 30 minutes after any food or beverage, cigarette or other medication or recreational drug. You want a “clean mouth” – but no toothpaste or minty mouthwash.
- E. Wait 30 minutes after taking the remedy before any beverage, food or substance. If you are a smoker - please wait as long as you can after taking the remedy before lighting up again . In these cases, taking the remedy before going to bed is best.
- F. **Call your Mentor 7 days after taking the first dose of remedy**

Avoiding Mint & Coffee

- A. Some clients misunderstand that mint and coffee are forbidden during therapy and do without unnecessarily or do not continue treatment because they “slipped”. No need to make this complicated. If you have a question just call the office .
Here’s my view:
- B. Avoid coffee- decaf or regular- for the first week after taking the remedy. During the follow up conversation the homeopath will determine if coffee can be reintroduced. Tea is a good substitute.
- C. Avoid excessive alcohol or smoky environments if you can for that first 24 hours after taking the remedy.
- D. Please be sure that there is no mint or strong smells or flavors near the vial when opening the remedy. That means – do not take the remedy in the bathroom near strong smelling camphor or if

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you just used minty toothpaste. (but no need to get overly concerned—capped toothpaste and capped Vick's or tiger's balm are okay)

- E. Avoid ingesting strong menthol or mint or being exposed to these odors for the week following the first dose.-This includes toothpaste and mouthwash. Homeodent is a toothpaste designed for homeopathic use. Alternatively salt and baking soda made into a paste for brushing is a good substitution. But not forever.
- F. This will not be a prohibition continually during therapy. Just until we can determine that you are healing- that your vital force has taken the information from the remedy and started to heal your body.

A good homeopathic remedy will resonate on many levels, please make note of all changes and be sure to tell Lise .

It is not uncommon to take a remedy and:

- **The desire to sleep or eat unexpectedly**
- **See a change in your sleep .**
- **Increase in dreaming**
- **A lightening of mood**
- **Symptoms may lessen or aggravate as the immune system recalibrates .**
 - **Follow dosing instructions from “Lab Materials” chart.**
- **A properly acting remedy will remove symptoms based on the Direction of Cure.**

Direction of Cure or Hering's Law.

Dr. Constantine Hering was a well known homeopath living in the 1800's. Through his observations of patients' healing, he came to certain conclusions on how the healing process progresses. These conclusions are called The Direction of Cure or Hering's Law. Knowing Hering's Law, helps the homeopath to assess how the patient is healing.

The Direction of Cure or Hering's Law states that healing takes place:

- From center to the circumference – moving from the center to the outer. This means the symptoms are moving away from the brain, which is the center and the seat of consciousness, reasoning abilities, and memory. The brain is responsible for all the other functions of the human being.
- From above downward – moving from the head down the body. This pertains mostly to skin conditions. Eruptions move from the head towards the extremities. Think when you have a rash, how it may start on the chest area and then it moves down the body, often leaving the body through the hands and feet.
- From vital organs to less vital organs. There is a hierarchy of the organs in terms of their importance for life: brain, central nervous system, endocrine system, liver, lungs (there are two), kidneys (two), bones, connective tissue, stomach, intestines, muscles and skin.
- In the reverse order of appearance (the last symptoms to come/to be experienced are the first to go).

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Clinical Research verifying the Direction of Cure.

- **Format:** Abstract

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Monitoring improvement in health during homeopathic intervention. Development of an assessment tool based on Hering's Law of Cure: the Hering's Law Assessment Tool (HELAT).

[Brien SB¹](#), [Harrison H](#), [Daniels J](#), [Lewith G](#).

Author information

Abstract

INTRODUCTION:

Hering's 'Law of Cure' is considered important in homeopathy and thought to predict a positive outcome to treatment. No formal outcome measures are currently available to monitor response to homeopathic treatment on the basis of these assumptions. We describe a simple assessment tool, the Hering's Law Assessment Tool (HELAT) to identify and differentiate patient responses to homeopathic treatment as corresponding to Hering's Law from other symptomatic responses. We describe the development of the tool and assess its face, content and predictive validity.

METHOD:

The HELAT was initially developed through literature review, discussion between homeopaths and clinical experience. In phase one, the tool was reviewed by three experienced homeopaths to assess face and content validity. In phase two, we tested its predictive validity by hypothesizing that the HELAT total score may predict changes in a clinical response (using standard validated rheumatological outcome, the American College of Rheumatology (ACR)20%) in 32 patients with rheumatoid arthritis receiving homeopathic intervention over 24 weeks as part of a clinical trial.

RESULTS:

The HELAT was piloted and changed to improve face and content validity and the final version was then employed for phase two as a predictor of outcome. HELAT total score predicted patient's clinical response (ACR20) [B = 1.142, SE = 0.462, P = 0.013] which was independent of practitioner assessing the patients treatment response [B = 1.04, SE = 1.01, P = 0.302].

CONCLUSION:

The initial data suggests that the HELAT may hold promise for a potential clinical and research outcome measure in homeopathy. Further work is now needed to formally assess its reliability and validity for potential use in clinical practice and trials.

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