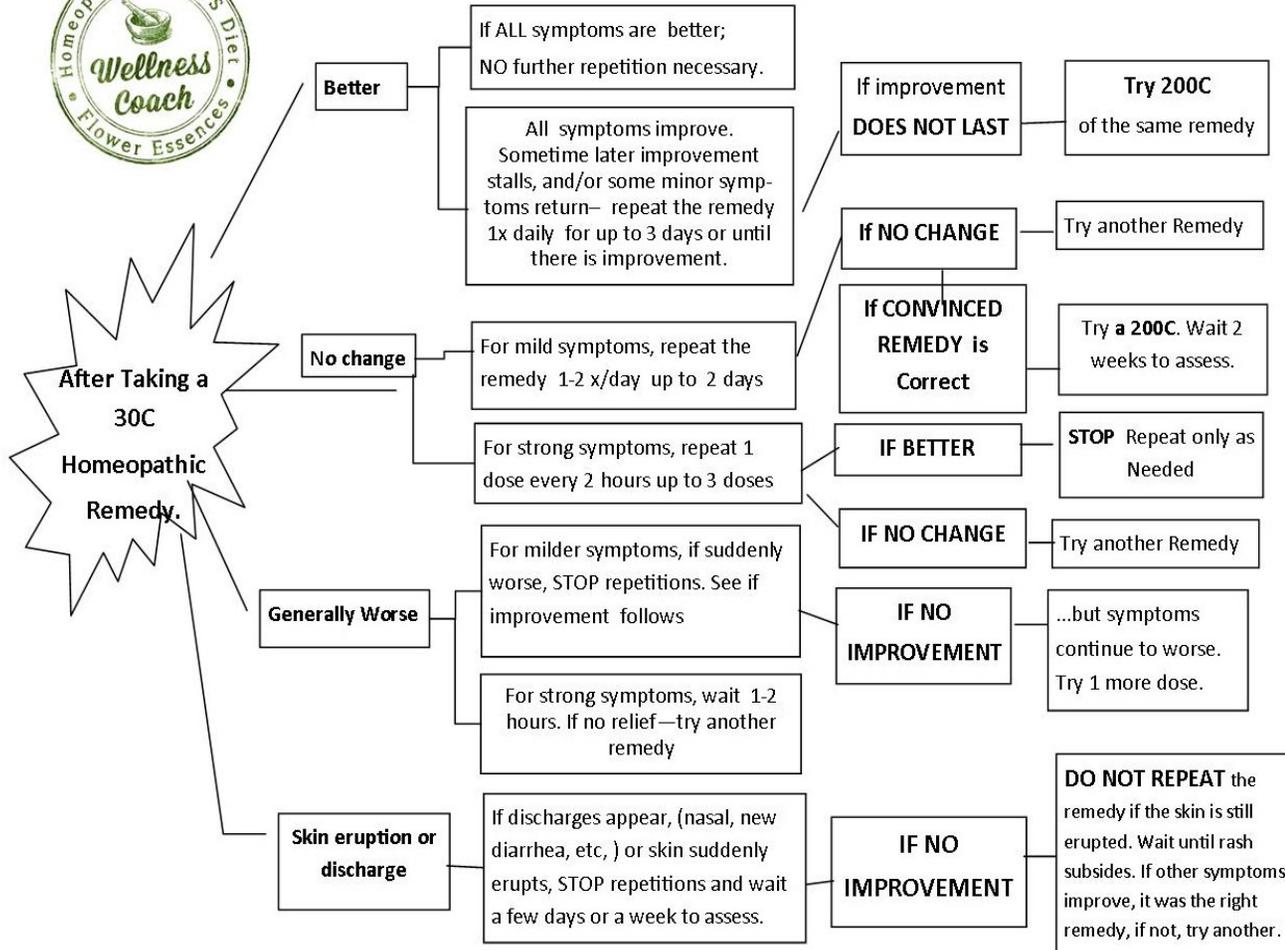




Guidelines for Use of 30C & Repetitions of Doses



The granules/pillules should be dissolved in the mouth - if possible the remedy should be held under the tongue for a few seconds (where it can more easily/quickly be absorbed) and then just sucked i.e. do not swallow with water.

You can tip them straight on or under your tongue as long as the mouth or tongue does not touch the lid.

You can tip the granules into a teaspoon first if that's easier. For infants you may put a small amount of water on spoon with pills for ease of use.

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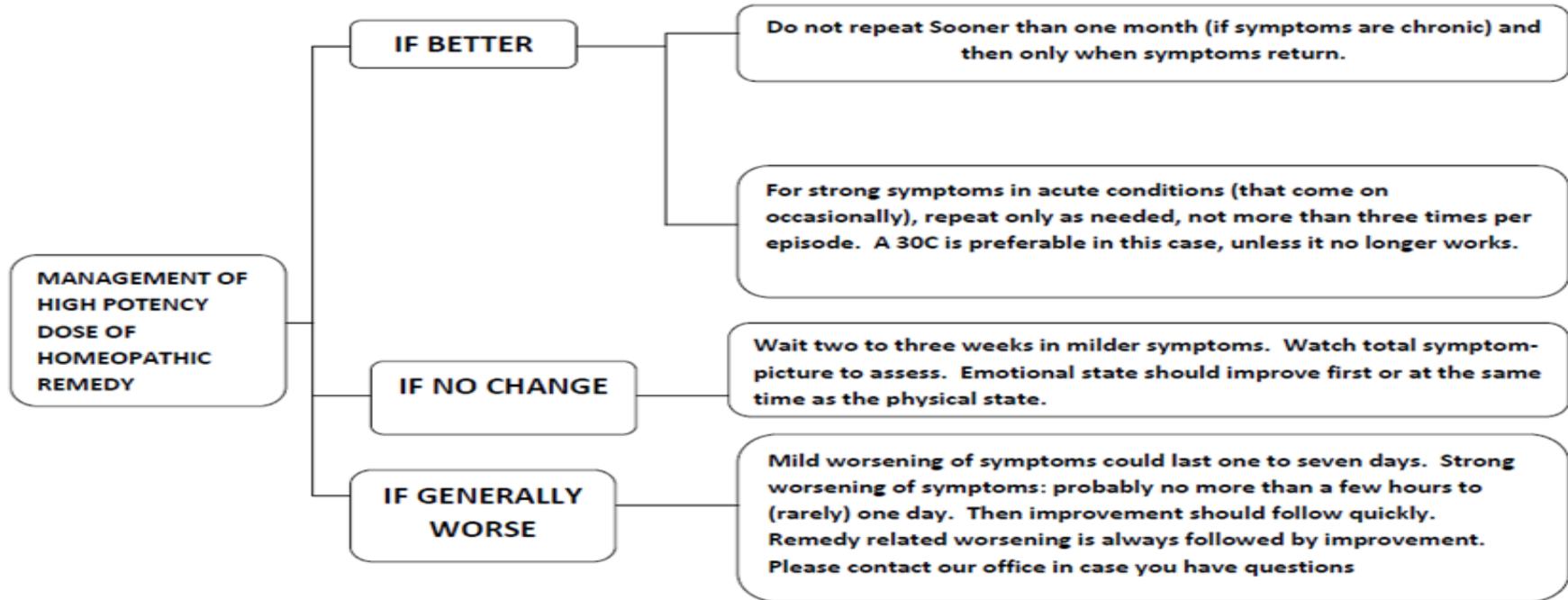
Online booking :
www.meetme.so/lisebattaglia

A good homeopathic remedy will resonate on all levels-emotional, physical and mental. Any change on these levels is to be considered progress, please make note and be sure to tell Lise.

*You will not be “taking medicine” to do its work on your body. You are taking a dose to stimulate a healing response in your own body. The “dose” interacts with your vital force- the homeopathic term for the immune system. Your body is activated to heal itself. So a few more pellets do not give more medicine as would be true in conventional medicine. The healing happens inside of us, not from the quantity of medicine taken.

**Because the remedies are very clean and fragile, avoid handling them. It is preferable to drop the tablets or pellets into the cap of the bottle, and pour them from the cap into your mouth. If more than four pour into the cap, take four-don't put the pills back into the bottle.

FLOW CHART FOR HIGH POTENCY – REPETITION OF DOSES



For remedies with potencies of

200C

1M

10M

50M

100M

Etc.

Any potency of more than 30C

- If there is improvement following a dose of remedy, do not take second dose as long as improvement continues.
- If and when symptoms regress, take 2nd dose.
- If there is worsening of symptoms, wait to see if worsening is followed by improvement. No doses during worsening and improvement phase. Worsening related to a high potency dose of remedy is always followed by improvement. Homeopathic term for this worsening is homeopathic aggravation or healing crisis. If you suspect the worsening of symptoms as unnatural and not a healing crisis, feel free to contact our office and a licensed physician. In a homeopathic aggravation or healing crisis, person may revisit some old symptoms temporarily.
- If no change, wait to see if symptoms improve in a month's time. If the nature of your symptoms is such that we need to see immediate improvement and waiting too long is not a good idea, call our office. Remember, the subtle changes after the remedy may need some time to be noticed. No change may mean remedy potency and doses given to you are not optimum yet and may need adjustment. Please bring that to attention of your homeopath at the follow up visit.