

PROCEDURES FOR TAKING HOMEOPATHIC REMEDIES

1. Do not eat, drink, smoke, gargle or brush teeth within 20 minutes of taking a remedy.
2. If taking more than one remedy per day, allow at least 30 minutes between them unless otherwise directed.
3. All remedies should be held under the tongue for at least 15 seconds, unless otherwise directed.
4. Avoid handling the remedies. Should more than the prescribed amount fall out of the bottle or package into your hand do not return them to the bottle or package. Do not allow anyone else to handle your remedies. It is usually easier to take a remedy out of a package with a clean spoon.
5. COMPLETELY AVOID coffee and mint of any kind. *Coffee itself, not the caffeine*, and any type of mint will antidote homeopathic remedies. Also avoid camphor, menthol, eucalyptus, Tea Tree Oil products and mint-containing products such as chewing gum, breath mints or cough drops, mouthwash and toothpaste. **Root Beer contains wintergreen and is best avoided.** Use regular baking soda or salt to clean the teeth, or “Tom’s Natural Toothpaste” offers many mint free options some available with or without fluoride (always check ingredients - the adult Orange-Mango has menthol in it, but the children’s version is antidote-free); Nature’s Gate Cherry Gel; “Homeodent” (fennel or lemon); Eco-dent cinnamon or fennel tooth powder; Auomere Mint-Free; or The Natural Dentist Spicy Cinnamon flavor (they also make an “Orange Zest” flavor mouthwash). Most of these mint-free toothpastes are available only at health food stores or from our office. Use hydrogen peroxide as a mouthwash and avoid commercial brands which all contain mint or eucalyptus. ***If you are unsure about any product look for an 800 number on the label, call the company and ask. They will not give you a list of ingredients, but if you list the antidotes and tell them you need to avoid them, they can tell you if any of those substances--or derivatives of them--are in their products.*** AVOID THESE SUBSTANCES FOR THE DURATION OF TREATMENT - UNTIL THE DOCTOR RELEASES YOU FROM CARE - NOT JUST WHILE TAKING THE REMEDIES.
6. Drink a minimum of 1-2 quarts of water daily, preferably filtered or natural spring water.
7. Do not leave homeopathic medicines in excessive heat or near anything with a strong aroma (such as perfumes, cleaning products, camphor-containing products, etc.)
8. Homeopathic remedies should not be set upon or in front of a television set, microwave oven, or any strong electrical device.
9. Do not allow homeopathic drops or tablets to be exposed to x-rays, such as in airport luggage. They can safely be carried in your pocket through the metal detector - but not the x-ray machine that your hand carried luggage or your purse is exposed to.
10. Phone the office if you need assistance in choosing a low potency remedy to treat an acute condition such as a cold or flu, stomach ache, headache, etc. Low potency homeopathic remedies can be purchased at many health food stores and we sell several single remedies as well as homeopathic first aid kits containing 29 different remedies. Please do not take “combination” remedies while under the doctor’s care. Many remedies are incompatible and can actually antidote the constitutional remedy selected especially for you. Please call the office if you have any questions.

For more information on your specific remedy go to www.homeoint.org/books/boericmm/index.htm and click on the letter your remedy begins with (look on the envelope Dr. Snelling put your remedy in). Choose your remedy from the list to learn more. If you need any help, please feel free to call the office.