

**SUE BOORN, CCH, RSHom(NA)**  
**Certified Classical Homeopath**  
**HOMEOPATHY DENVER, LLC**  
**The Consulate Healing Center East**  
**750 E. 9<sup>th</sup> Avenue, Ste.106**  
**Denver, CO 80203**  
[sue@homeopathydenver.com](mailto:sue@homeopathydenver.com)  
**303.263.0572**

## **TAKING YOUR HOMEOPATHIC REMEDY**

Please read this thoroughly and then refer to the specific instructions I have noted for taking your remedy which have either been e-mailed or included with the remedy. These are general guidelines and subject to individual sensitivity. However, it's best to stay clear of these influences in the early days after taking the remedy if at all possible.

Experience has shown that some things can interfere with the action of a remedy depending on ones sensitivity. Do not eat, drink, smoke or brush your teeth for 15-20 minutes before and after taking the remedy. Do not drink coffee, even decaffeinated, or smoke marijuana. Black and green teas and other products containing caffeine pose no problems. Do not use any products containing camphor, such as Vicks, Noxzema, Tiger Balm, Carmex, Blistex, Sea Breeze, Campho-Phenique, Ben Gay or anything that smells like these products. Avoid electric blankets, hair permanents, electrolysis or becoming intoxicated from alcohol or drugs. If you need dental work which would involve drilling or ultra sonic cleaning, please let me know. The use of antibiotics or the impact of an emotional upset are the most common factors affecting the action of a remedy. For some, the action of the remedy may be antidoted (inactivated) from these influences. This means these factors might halt the action of the remedy, if occurring during the active phase. Special diets are not necessary while taking remedies unless otherwise indicated.

Store the remedy in a cool, dry place away from direct sunlight or strong odors but not in the refrigerator. Remedies may be affected by electromagnetic fields, so do not store them on or near your computer or other devices such as cell phones, microwaves, televisions or outlets into which these devices are connected. At the airport, don't take the remedy through security in liquid form. A "travel kit" is available for this purpose. Dry pellets are generally fine to take along when passing through security systems.

Since the action of homeopathic remedies is often a very subtle process, it might be wise to keep notes of daily or periodic changes. The follow up appointment is of critical importance for this purpose. The action of one dose of a homeopathic remedy can last for several weeks or months. Do not purchase additional quantities of your remedy at a health food store and continue to take it. More is not necessarily better and if remedies are not taken according to Homeopathic principles, it could actually do harm. Please call if you have any questions regarding reactions to the remedy, how long to continue taking it or additional dosing.