

How to Take Homeopathic Formulations

Homeopathy is a natural approach to medicine that works **without contraindications** (interference with other medications you may be taking) or side effects to stimulate the body's curative responses so the body heals itself.

Most homeopathic formulations come in a liquid base or in a tablet designed to dissolve quickly under the tongue. Whichever form is used, **the recommended dose should be held under the tongue for about a minute before swallowing**. The blood veins under the tongue absorb the active ingredients directly into the bloodstream allowing the preparation to go to work immediately.

Because the vibrations of certain foods can counteract the effects of homeopathic formulations, it is recommended that you **do not eat or drink anything other than water for at least 15 minutes before or after taking** a homeopathic remedy. It is also recommended that you **do not store** homeopathic formulations in close proximity with strongly aromatic herbs or foods, such as mints, essential oils, or coffee. **Never allow homeopathic formulations to be x-rayed when traveling**, as x-rays will deactivate the formula.

Liquid homeopathic formulations often contain an alcohol base, because alcohol is the best carrier for most substances and is an excellent preserver. The amount of alcohol is not enough to be of any concern for most people. For those who need to avoid alcohol completely, the liquid preparation can be added to a cup of warm water, and then drunk after waiting for a minute or two. The warm water will evaporate most of the alcohol. For those taking the drug Antabuse, alcohol preparations should be avoided entirely.

What to avoid during treatment with Homeopathic remedies

Here is a list of foods and other things to avoid during homeopathic treatment that can deactivate homeopathic remedies:

Coffee, tea, and drugs with a high content of caffeine. If you do drink caffeine, make it 30 minutes before or 30 minutes after taking the homeopathic

Camphor (mothballs, balms, some ointments with cooling or heat effects, lip salves)

Peppermint in toothpaste, chewing gums, mints, etc. It's best to avoid mint altogether while taking homeopathics, but if you do ingest it, make it 1 hour before or 1 hour after taking the homeopathic.

Ethereal oils (clove oil, eucalyptus, peppermint, menthol...)

Menthol and eucalyptus (in cough syrups, balms, Vicks inhaler, tiger balm)

Daily or prolonged exposure to strong-smelling substances like paints, glue fumes, varnishes, etc.

Drugs like cannabis, ecstasis, etc.

Intake of alcohol, eating of highly spicy food (spices contain ethereal oils)

Fresh garlic & onion

Any substance or drug that affects the hormonal, nervous, and immune system may have an antidoting effect to the homeopathic treatment.