



# Homeopathic Liquid Medicine Remedies



Dr. Fleming has prescribed you \_\_\_\_\_ in a LM \_\_\_\_ potency  
Please take the remedy at least 30 min before or after food or drink, bed time is great

## Instructions For Each Dose:

- Tap bottle for in the palm of your hand 10 times, called percussion
- Take out 10 drops and add to 4 ounces of distilled or spring water in a plastic, glass or ceramic cup (no metal)
- Stir 30 times with a wooden or plastic spoon (no metal)
- Take one tablespoon by mouth from the 4 ounces
- Discard the rest, do not save.

**When to repeat:** Wait 24 hours. Then ask yourself these questions.

1. *Do you feel improvement?* If yes, then do not repeat. Repeat again when your symptoms return.
2. *Do you feel no difference at all?* If yes, then repeat the same dose, 10 taps, 10 drops.
3. *Do you feel worse?* If yes, do not repeat. Wait until the aggravation has subsided, then repeat the remedy by doing 5 taps and 5 drops.

**Directions:** As the patient, you need to be aware of any changes that take place with your body, symptoms, and overall state of being mentally, physically, and emotionally. Please try to keep a diary of this information for Dr. Fleming to see and refer to at your next follow-up appointment. Detailed and descriptive information concerning any and all changes will help Dr. Fleming to evaluate your remedy. Also please make a note on information concerning what makes a symptom better or worse whether it be emotional, physical, or mental.

**Examples:** *Better with heat, worse at night, better when sitting, headache on Right...* Noticing subtle things that can ameliorate or aggravate any symptom is extremely important in your Homeopathic Treatment.

## **Limitations:**

**MINT:** Anything mint can antidote your remedy. Gum, Mints, Toothpaste...etc. You'll need to get gum and toothpaste that is not mint flavored.

**CAFFEINE:** You want to limit your caffeine intake as much as possible. Soda, Coffee...etc.

**AEROMATICS:** Any aromatherapy and anything aromatic can antidote your remedy as well. Vicks Vapor Rub, Tea tree oil,...etc.

**ALCOHOL:** Limit alcoholic intake

Please also be sure that Dr. Fleming is aware of all medications you are currently taking as well as any changes or new prescriptions you may be prescribed, Antibiotics and vaccinations, as they can antidote your remedy. You do not want to suppress any symptoms with over-the-counter cold and flu drugs, Antibiotic ointments, or Steroid creams. Be aware that homeopathy treats "Like with Like" so you could possibly have a temporary exacerbation (sudden worsening) of your symptoms. This is normal, so just let your body react naturally and keep a record of the symptoms and any changes. If you have any questions please contact our office at 352-583-2400.