

☉ Wellness Consults

in office or via phone

☉ Needleless Acupuncture

☉ Biofeedback Therapy

☉ Detoxification & Nutrition

☉ Body Therapeutics

HEATHER
HOLISTIC
Naturopathic
Clinic

Your advanced testing and therapy healthCARE practice

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Homeopathic instructions:

As a general rule of thumb, virtually instant results are obtained if you follow this one simple rule:

Take remedy 20 minutes prior to anything being in the mouth (meaning prior to any food, drink, cigarettes,

gum, etc. (even water), unless otherwise recommended by your health practitioner). Take 1 hr. after food.

Other Directions:

- a. Place drops under the tongue and hold for 10 seconds to allow for absorption
- b. Keep homeopathic remedies out of direct sunlight and radiation.
- c. In general, homeopathic remedies can be taken at the same time with other homeopathics but should not be taken with Liquefactive remedies.

If you do not receive the expected benefits, take additional action to increase effectiveness:

- d. Limit raw garlic, onions and other strong spices to one hour after taking homeopathics.
- e. Limit caffeine and nicotine during homeopathic use.
- f. Mint in any form such as candy, toothpaste, mouthwash, camphor or menthol (as in muscle and joint rubs) and moth ball fumes need to be avoided. They can adversely affect the healing mechanisms of the homeopathic remedy for days.
- g. Limit exposure to toxins such as paint thinner, cigarette smoke, as well as strong odors such as essential oils.
- h. And of course, keep in good communication with your HP as necessary if the remedy flat out doesn't work. An evaluation may be needed to re-assess your symptoms and other causes so that the proper remedy may be given.

*If you are sensitive to alcohol; dilute dosage in a glass of warm water (3 oz.). Allow one minute for alcohol to evaporate or use the pellets or tablets if available.

*following these guidelines will ensure greatest success!

The research of Royal Lee proved that low dosages of natural, high-quality vitamins and homeopathic remedies for nutritional supplementation regulate metabolism and function better in vivo than in large dosages. Homeopathy is used to help stimulate the body's natural functions on the quantum level. Health care providers that use homeopathy recognize that signs and symptoms are indicative of **underlying** imbalances rather than the symptoms being experienced themselves. Treating this underlying cause assists the body to return to the intended homeostatic balance. Symptoms are recognized as messengers whereas allopathic approach merely attempts to suppress symptoms through the use of synthetic chemicals and invasive types of intervention. Homeopathy is safer than herbs, due to the simple fact that overdosing or allergic reactions are nonexistent. This makes homeopathy the ideal treatment especially for ultra-sensitive people. Homeopathy offers a complete pharmacology for today's progressive Doctor. By definition in the new Lexicon Webster's dictionary of the English language, 1989 edition, "an allopathic philosophy of medicine views the physician as an intravenous who attempts to counteract the effect of disease with surgical or medical (pharmaceutical) treatment that produce effects opposite to that of the disease. Homeopathy uses a noninvasive drug therapy that reinforces the body's natural pharmacy and bodily functions. It works on the biochemical level where all disorder begins, and it works immediately. Energetic stabilization is obtained with the use of *sarcodes* (healthy tissue), *allersodes* (to reduce allergic reaction), *nosodes* (which increase detoxification), and *isodes* (which produce healing effects). For an example, allergies are addressed by taking a homeopathically prepared remedy to gradually desensitize the system to the allergen, eventually eliminating the allergy rather than suppressing the symptoms.