

How to Use and Take a Homeopathic Remedy

For home care, most homeopaths suggest taking the indicated remedy when it's needed and to stop taking it when it's not needed.

Follow Your Body's Signals

Within 10 minutes to an hour after taking a dose, you may notice:

- Shifts or improvement in your mental state, mood or physical symptoms
- With fever, a decrease in temperature
- A significant easing of pain and discomfort
- Falling into a deep sleep or feeling more relaxed

If these sorts of responses aren't apparent after 3–5 doses, reconsider the case and switch to a better-suited remedy. If necessary, seek professional help. If you feel better, but your symptoms return, take the same remedy again... “as needed.”

Take as Needed

Most homeopathic remedy vials are marked to “take as needed.” As explained in many good homeopathic websites,¹ that means to take them:

- More often (at least every 2 hours) for acute symptoms
- Less often (every 3 to 4 hours) for mild symptoms

If the remedy seems to be producing a beneficial result but the progression is too slow, your body probably needs the remedy more often. At this point, you can increase the dose frequency to every hour. If you're still getting better only slightly after a few doses, you can increase the frequency to every half hour or even to every 15 minutes if really needed.

Everyone is different; your body uses the remedy in its own time. One person might need one dose at one time to see a dramatic effect, while another person might need 3–8 doses a day for several days to see improvement.

A basic principle of homeopathy is to use as little medicine as possible — the minimum dose. You use what you need until, sooner or later, you don't need it any longer. After taking a remedy, look for milestones:

- **At 20–30 percent improvement:** Take the remedy every two to three hours, up to five or six times a day. If there's no further improvement by then, find a better match.
- **At 30–60 percent improvement:** Observe how you're feeling. If you begin feeling better and better, then wait (stop taking the remedy) to see how much improvement you can get from the last dose. *Be sure you get the most out of a dose before taking another.* If in two to three hours you don't feel any better, then continue taking the remedy every two to three hours until you feel 70–80 percent better.
- **At 70–80 percent improvement of some symptoms:** Stop the remedy. Only use it again if your body needs it, keeping your improvement to this rate. If you need it, take it. If you don't, don't take it.

Tips and Guidelines for Taking Remedies

- **You have improved, but your symptoms come back.** Usually, this means your body has used up the remedy and it needs more.
- **You felt better with the 1st or 2nd dose, but after the 3rd or 4th dose, you've had no more improvement.** Usually, it's time to re-check your case to change remedies or call a professional.
- **Your symptom picture distinctly changes.** You had good improvement, but now you're exhibiting a completely different set of symptoms (in other words, it's not a worsening of your same exact symptoms). Take more of the same remedy 2–3 more times and see if you can produce beneficial movement in your symptoms. If you don't get any more positive results, then re-check your case to match a new remedy.

The Healing Crisis

Using homeopathic remedies according to the “Law of Similars” is like fighting fire with fire. When the fire gets too hot, you may experience a temporary “healing crisis” — an aggravation or worsening of symptoms.

Taking remedies with care and paying attention to your body’s signals helps avoid a healing crisis. In fact, an aggravation is usually a signal that the remedy is working! Your body uses up a 30C remedy pretty quickly, so healing crises are rare and often don’t last very long.

The first thing a homeopath would say to a client experiencing a healing crisis is to stop taking the remedy and wait. It’s like taking your foot off the accelerator of a car when you’re driving too fast and need to slow down. To really slow down intolerable effects of a remedy — to put your foot on the brake, so to speak — you may choose to antidote the effect with a whiff of vapor rub, camphor, menthol, a cup of mint tea or some menthol lozenges, but this cancels the remedy’s action. Aggravations handled this way, however, usually subside quickly.ⁱ

When to consult a professional

Remember — you should not treat all illnesses at home. If you are having difficulty finding the right remedy for your illness, consult with a professional homeopath to help you select the right remedy. Always seek a trained professional to treat chronic illnesses or ailments.

ⁱ “Getting Started with Homeopathy FAQs” by Dr. Luc De Schepper, <http://www.drluc.com/homeopathy-basics.htm>. Also see: “Historical Development of Dose and Potency” at <http://www.heilkunst.com/dose2.html> and “How to Use Homeopathy” at <http://www.homeopathycenter.org/getting-started-homeopathy>.

ⁱⁱ The Alternative Medicine Foundation has information on aggravations during treatment at <http://www.amfoundation.org/homeopathinfo.htm>.