

The Water Dosage Method: Economical and Effective

There are two primary ways to take a remedy:

1. Place several pellets under your tongue (sublingually), as the labels on most homeopathic remedy brands suggest. This is acceptable even in an acute situation. You may find that using just one pellet is plenty.
2. Classically trained homeopaths know a better way to take a remedy: a water dilution method. Hahnemannⁱ found it to be a more effective and gentle method of taking the medicine, and it makes your supply of pellets last longer. Dissolve a pellet in water to allow the remedy to reach more nerve endings, which is where it starts to work.ⁱⁱ

Traditional Water Dosage Method Instructions

This is the standard method for making a dosage bottle:

1. Place one pellet from a remedy vial in an empty, clean 4-ounce amber-colored glass or plastic bottle. You can find these bottles at most pharmacies.
2. Fill the bottle with distilled water. Add 1–2 tablespoons of vodka or unflavored brandy as a preservative.*
3. After the pellet has completely dissolved, firmly tap (“succuss”) the bottle on a book or the heel of your hand from 1–2 feet away, at least 4 times (and up to 10 times).** Do this before each dose.
4. Take a teaspoonful (or approximately half a capful) from the bottle and hold it under your tongue. Leave it for moment or more before swallowing. Avoid eating or drinking for 10–15 minutes before and after taking the remedy.

* Distilled or pure bottled water is preferable to tap water, since additives in the water supply introduce the potential for chemical antidoting. Alcohol acts as a preservative. This isn’t necessary for people sensitive to alcohol, but the prepared remedies will not keep as long otherwise.

** If you feel the remedy is not strong enough, increase the number of taps by two. For example, if you are tapping the bottle 4 times, make it stronger by tapping 6 times. If needed, you can tap up to 8 or 10 times. Succussing (tapping) energizes the water and makes the remedy a little bit stronger each time.

5. Observe. If no obvious shift occurs, take a dose every few hours (or more often, if you have severe symptoms). When some or all of your symptoms are 70 to 80 percent better, stop taking the remedy. Then use only as needed. If you experience any aggravation, stop the remedy.

When Good Remedies Go Bad

In my experience working with clients, the issue of antidoting is rare, but can come up. Keep remedies away from strong or volatile substances, such as camphor, eucalyptus, mint, cleaning solutions, or vapor rub. Store them in a dark cabinet away from sunlight, cell phones, computers, etc. If a remedy seems to be the correct match, but there is no benefit, there's a chance it could have been antidoted.

Quick and Easy Method

There are times when you may not have a bottle to make a remedy. In that case, simply dissolve a pellet in a glass with four ounces of water. Stir the water briskly (a similar effect to succussing), and take a teaspoon dose of that. If you're traveling and don't have a bottle of pure water, just use a pellet or two under the tongue.

ⁱ Samuel Hahnemann, *Organon, Sixth Edition*, 1842.

ⁱⁱ "Homeopathy's Best Kept Secret," an interview with Dr. Luc De Schepper.
<http://lmhomeopathy.tripod.com/secrets.html>.