



## Instructions for Use of Homeopathic Remedy

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### **Please follow these simple steps to receive proper results:**

Read all Homeopathic Information thoroughly before taking your remedy

Use this column to record the date you take your remedy:

### **Take the remedy as directed by your physician**

#### Keep Record

Date Dispensed: \_\_\_\_\_

Frequency: \_\_\_\_\_

HP: \_\_\_\_\_

Potency: \_\_\_\_\_

#### Important Information:

Most of the time, your remedy will be in the form of small white pellets. These pellets are not to be handled. Please shake the dose amount into the cap of the vial and administer orally.

Please take \_\_\_\_\_ pellets per dose

Hold the remedy under the tongue and allow the pellets to dissolve.

Refrain from food or drink for at least 15 minutes to allow the properties of the remedy to activate without interference.

Homeopathic medicines are unique in that it is the *frequency* and the *potency* of the dose that determines the intensity of the action. This differs greatly from the drug action of allopathic medicine,

which is dependent upon the *quantity* of the dosage.

Please take this remedy at the *frequency* prescribed to you by your physician.

Each remedy has been specifically prescribed based on your uniqueness as an individual. This form of treatment is unique to homeopathy, assuring that you, the patient, is being treated, not your condition or symptoms.

Pharmacology details: The homeopathic remedy is substance that has been carefully prepared into basic medicinal form and then subjected to a process called potentization, in which it is alternately diluted and shaken. The number and letter of your remedy (for example: Pulsatilla 200C), represents how many times it has been serially diluted at a rate of 1:100. The 200 is the serial number of dilutions. The C means centesimal, or 100. If the dilution is 6X, this means six serial dilutions at a rate of 1:10. (X=10)

#### Storage of Remedies:

If you are provided a remedy for home use, please:

~Store away from direct sunlight

~Keep in a dry place of moderate temperature. Do not refrigerate.

~Keep away from strong smelling medicines or lotions (i.e. camphor, perfumes, mothballs)

## GENERAL INFORMATION

#### Homeopathic Goal:

The goal of homeopathy and naturopathic medicine is to decrease your limitations to unconditional health.

The information provided is not meant to cause excessive concern about everyday life routines. These guidelines will simply aid the process of homeopathic treatment and contribute to your recovery.

#### ATTENTION:

#### Antidotes to Homeopathic Remedies

\*\*\*\*\*Remedies may be antidoted either partially or completely by various substances or other forms of treatment. It is essential to carefully avoid antidotal influences. Antidoting means complete inactivation of the medicinal effects of the remedy. Antidoting will result in stopping the

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process of healing, potentially causing a longer treatment process. \*\*\*\*\*

## Things to Avoid:

### Beginning Other New Treatments

Homeopathy is based on a careful observation of the patient's symptom over time. Anything which changes this balance of symptoms necessarily complicates the evaluation of the case and makes accurate prescribing more difficult. It is for this reason that we ask the patient not to undergo other forms of therapy during the course of the homeopathic treatment, unless specifically prescribed or by prior agreement.

### Essential Oils

#### Menthol Based:

*Eucalyptus, peppermint based plants or compounds. Be aware: Herbal teas may have essential oils added to them.*

*Hot chocolate, black or green tea, and coffee pose no concern.*

#### Camphor:

*Deep heating liniment such as Tiger Balm, Vicks, ICY Heat, various shaving crèmes, Noxzema products, many lip balms, cough lozenges, mothballs, etc. should be avoided. Massage with camphorated oil can antidote remedies, as well as long exposure to the odor itself.*

**\*\*\*\*BE AWARE OF THESE TYPE OF PRODUCTS USED BY ANY/ALL HEALTH CARE PRACTITIONERS**

### Allopathic Drugs:

Common drugs uniformly act to SUPPRESS specific or local symptoms, which weaken the inherent healing powers.

THEREFORE, THESE SHOULD BE AVOIDED EXCEPT IN EMERGENCY OR LIFE THREATENING CONDITIONS.

### Dental Work:

The drilling and possibly the anesthetic used in dentistry are reliable antidotes for homeopathic remedies. If you plan to have dental work, please discuss this with the physician before you begin to take your remedy.

### Chemicals:

The chemicals used in paint and solvents are known antidotes.

### Electric Blankets:

There appears to be a detrimental interaction between the electric field of the blanket and the body.

### Individual Sensitivities:

Foods, chemicals or other substances, which historically has caused reactions to you system, should be avoided.

**~Massage without camphorated oils, chiropractic treatment, acupuncture and vitamins DO NOT generally interfere.**

## Reactions to Remedies

The curative reactions to the homeopathic remedies are usually gradual, but please call us if one of the following situations arises:

~Symptoms worsen for more than five days after taking remedy

~An acute illness arises, i.e. influenza, earache, bladder infection, etc.

~Symptoms from a previous illness return. (This may indicate positive progress, but may require attention.)

**~In the case of an Emergency call 911**

**~In the case of Urgent concerns Call Dr. Parke 541-513-1978. Fees may apply.**