## **Sunrise Homeopathy LLC**

## **General Instructions for the Use of Homeopathic Remedies**

**TAKING A REMEDY**

* Always take the homeopathic remedy at least **20-30 minutes before or after eating, drinking or brushing your teeth**.
* **Please take as specifically indicated by your homeopath.**

**STORING EXTRA REMEDIES AT HOME**

* Store homeopathic remedies away from direct sunlight, electromagnetic producing sources such as microwaves, computers, electronics, x-ray equipment, fax machines or televisions.
* Also store homeopathic remedies away from and avoid personal exposure to strong odors such as menthol, mint, camphor, essential oils (lavender, tea tree), tiger balm, lip balm, deep heat liniments, cough lozenges, moth balls, chewing gum, aromatic toothpaste, chemical fumes, perfumes or incense. The average medicine cabinet or purse with perfume or hairspray in it is NOT the ideal place for storage. **A dresser drawer with clean clothes is a good place to store the remedies.**

**CARE OF YOUR REMEDY IN THE BODY & THE HEALING PROCESS**

* **The following products are** **known to cancel the effects of your remedy and should be avoided while you are taking homeopathic remedies**:
  + Any type of **MINT** (spearmint, peppermint, and wintergreen) or MENTHOL. (Mint and menthol can commonly be found in toothpaste, mouthwash, tea, shampoo, lotions, candies, and chewing gum.)
  + **COFFEE** including decaf coffee. (Instead, you may choose green tea or fruit tea.)
  + Be aware of strong smelling lotions, perfumes, aerosol sprays, for the body or home as these **strong odors** can cancel the effectiveness of your remedy as well.

**REACTION TO YOUR REMEDY**

* Everybody is unique and will respond in its own way to a remedy. Pay attention to changes you notice. Communicate with me as recommended and as needed.