

Farah Gron, CCH, RSHom (NA)
New Life Homeopathy
617-731-1400
Farah@NewLifeHomeopathy.com

Remedy Instructions

This document will give you information about taking your remedy, reporting your progress, and answers some general questions.

Instructions for making your remedy bottle

- 1- **Remedies:** You may purchase your remedies from any of the suppliers on the Resources and Testimonials section of this website or any company of your choosing unless otherwise specified. Whole Foods health food stores also carry many remedies. Farah's office also may send you certain remedies. Remedies sent to you from our office will be sent in a regular first class envelop and it may contain several small Ziplock bags. Only use the remedy that you have been instructed to use and save the remaining packets for future use ONLY when Farah has asked you to use them.
- 2- **Bottle:** You can purchase an amber plastic bottle from your pharmacy. If that is not possible, get a brand-new plastic disposable water bottle.
- 3- **Water:** Filtered, purified or distilled are best but the remedy will work equally well with tap water, if that is what you normally use.
- 4- **Making the remedy bottle:** put 8 oz of water in the bottle. Drop two pellets of the remedy in the bottle. Don't touch the pellets by hand – it is best to drop them into the bottle from the cap of the remedy vial or from the small plastic bags that you are sent by mail. Wait until the pellets are dissolved. Then shake the bottle to mix. Put a label on the bottle and write the name and potency of the remedy. Your remedy bottle is now ready. You will be using this bottle for a few weeks to several months. You can keep the bottle in the refrigerator or in a cool and dry place. The bottle is good as long as the remedy in the bottle looks clear and does not look cloudy.

First dose:

You will be given instructions about your first dose. It is best to use a plastic cup and spoon which you will only use for this remedy.

Your first dose could be like this:

Step 1: take _____ from the remedy bottle and put it into a cup with ____ oz of water,

Step 2: stir the cup and drink _____ from the cup.

Step 3: discard the remaining water from the cup to your plants or throw away and keep the empty cup for future doses of the remedy. Keep the remedy bottle for future doses. **NEVER DRINK THE WHOLE CUP.**

Do not eat or drink anything for 20 minutes before or after taking your remedy. You can wait 15 minutes after you brush your teeth to take your remedy.

Take this one dose and then call the office 3 days later (617-731-1400). Be prepared to communicate the name and potency of remedy and dosage along with your observations of how the dose worked for you. Don't repeat the dose until you have discussed your reaction with Farah. If when you call the office you get our voicemail, please leave a message with the best times to return your call. Calls will be returned as soon as possible and usually within 24-48 hours.

If a dose is too strong you may experience temporary worsening of your symptoms. This is called an **AGGRAVATION**. If this happens, you can cancel your dose by eating or drinking something with mint, peppermint, spearmint, or coffee. You don't need to call Farah or wait to hear from her before you cancel your dose. Repeat canceling the remedy until you feel back to how you were before taking the remedy. **Never repeat a dose that caused an aggravation.** When you let Farah know that you had a negative reaction to your first dose, she will give you a weaker dosage so this experience does not happen again.

It is helpful to keep a journal noting the time you took your remedy and the results that followed. The results can be as subtle as deeper sleep, a feeling of well-being, more energy or positive mood all the way to a dramatic improvement in your mental, emotional and physical condition.

When and how to take your remedy the SECOND AND SUBSEQUENT doses

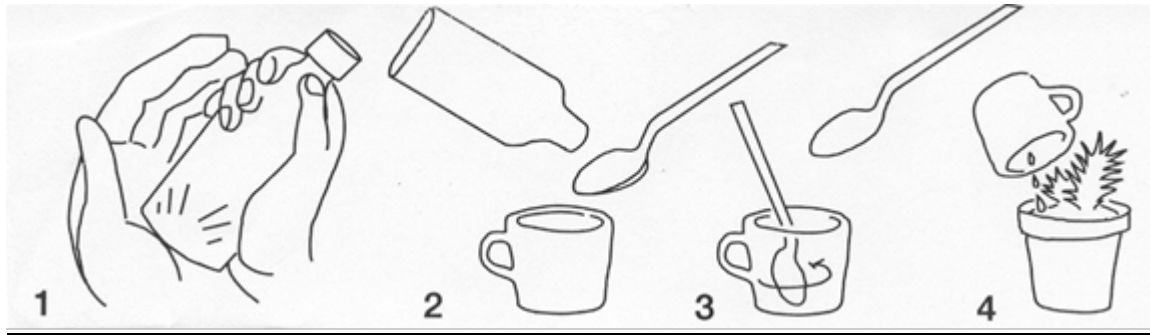
Only the first dose out a new remedy bottle does not need succussions. A succussion is when you hit the remedy bottle hard against the palm of your hand from a distance of about 2 feet. Succussions increase the potency of the remedy inside the bottle. Farah will give instructions on how many to give. All other doses from the same remedy bottle will need to be succussed. If you are not sure how many succussions to give, give at least one.

Step 1: Success the bottle as many times as you are instructed before **EACH** dose. You don't need to success the bottle for the first time you are taking a new remedy or a new potency of a remedy you have already taken.

Step 2: Then take as much remedy from the bottle as instructed and put this in the same cup as used before with 4 oz (or a different amount if suggested) of new water

Step 3: stir, and take as much as instructed from the cup.

Step 4: discard the remaining water from the cup to your plants or throw away.



How often should you take a dose?

When you take a dose, there can be three different outcomes:

1- Nothing happens – this could happen if the dose was weak. If this was a first dose of a remedy, we can try giving a stronger dose one more time to see if we have any success with it or not. If not, we leave the remedy and go to a different one. We do not keep giving a remedy if we have not seen any positive change from it.

2- You feel worse - if the same symptoms that we are trying to help get worse, it means the remedy is correct, but the dose was too strong. Either we cancel the remedy and give it in a weaker dose, or we wait until the excess remedy wears off and you start to show improvement. Once the improvements start to wear off, then we give the dose again.

3- You feel better - let's say this new better feeling lasts about 5 days. Once you notice that these improvements are starting to wear off, then you repeat the dose. In other words, when you take a dose, make a note of the positive effects it has on you. When you notice that those positive changes are starting to diminish, then it is time to take your remedy again. This is what it means to repeat a dose on an AS NEEDED basis.

Special instructions and precautions

- Your remedy does not need refrigeration unless you live in a very hot or humid climate and don't use air conditioning. If over time your remedy is cloudy or no longer clear, discard it as it is no longer good. However, since succussions given to a bottle have an accumulative effect, when you make a new bottle to replace the cloudy one, you must give all the succussions that were given the first bottle to the new bottle. Then leave the new bottle overnight before using it to take your next dose.
- You can go through airport security with your remedy...make sure it is in your carry-on luggage. The radiation will not harm it.
- The following items may weaken or cancel the effect of your remedy and it is best to avoid them. If you need to drink coffee or have an alcoholic drink at times, please let Farah know as it is possible to use a different potency to allow you to continue to do so. These items are: coffee, alcohol, mint, peppermint, menthol, eucalyptus, recreational drugs, tea tree oil, Vicks, and highly perfumed items. Health food stores often carry mint/peppermint-free toothpaste (Whole Foods carries the Tom's of Maine Silly Strawberry toothpaste). Another option would be the Boka Coco Ginger toothpaste. If you use mouthwash, please be sure to avoid brands that have the above items in them. Drinking moderate amounts of caffeinated tea is acceptable, as are other caffeine-containing foods like cola and chocolate. Emotional and physical traumas, as well as most dental visits may cancel your remedies. Swimming in chlorinated pools could also reduce or cancel the effect of the remedy. Please let Farah know if you need to continue the use of any of these items so she can give you certain potencies that could make your work with homeopathy successful.
- If you have symptoms related to your menstrual cycle, don't start a new remedy right before your period, or while having PMS or during your menstrual cycle, as your symptoms may aggravate.
- Do not stop taking your medications. Do not start any herbs or acupuncture while we are initially evaluating the remedy affects. Once we know the effects of the remedy on you, then you can introduce other healing methods.
- If any of your symptoms appear to get worse temporarily after taking a dose, it may mean that your dose is too strong. You need to communicate this when it happens. If you need to take action to stop the aggravation, you can take the 6C of the same remedy to slow down the effect of the remedy. Make a bottle with 2 pellets of 6C of the same remedy and 8 oz of water. Take ½ tsp from the bottle directly. If you don't have the 6C of the remedy that caused the aggravation, you can drink some coffee or eat something with

mint in it.

Evaluating the effects of your remedy

- Your individual healing process is unique to you. Here are some areas that you might see changes:
- **Sleep/Dreams:** Were there any changes in your sleep? Did you sleep deeper, or not as good as you usually do? What were your dreams like? Did you experience a shift in your dream content? As a first sign of moving in the right direction we may see a change in the topic of dreams: going from nightmares with killing to a dream with festivities, traveling, meeting people, connecting to deceased friends or relatives.
- **Energy:** Sometimes after taking a remedy a person can become sleepy. This is your body's way of slowing down to heal. Try to get as much sleep as your body is requiring. Some people will experience more energy on a remedy.
- **Emotions:** Changes on the emotional level can be varied. You can experience a change in your emotions such as less anxiety or feeling happier. Sometimes one can't put their improvement into words, only that one feels lighter, or more hopeful. Sometimes a release of emotions, such as anger and sadness that have been suppressed can be felt.

After office hours and Emergencies

If anything may arise that you consider an emergency, or urgent care is needed, do not come to the office, do not leave a message, do not wait for a return phone call and do not use e-mail. **Dial 911 or go to your local emergency care center for immediate medical care.**

The office is closed after hours and on Fridays, Saturdays, Sundays and major holidays, so please see above information for emergency issues, or call your primary care physician or pediatrician for further assistance if required.

Please keep in mind Farah is not a medical doctor and is only consulting with you regarding your emotional state. She does not diagnose nor gives advice on vaccinations, hospitalization, medications, medical procedures or surgeries.