



DO'S AND DON'TS WHILE TAKING HOMEOPATHIC MEDICINES.

1. Do not use peppermint, eucalyptus or oregano essential oils or peppermint toothpaste during the time of homeopathic treatment
2. Do not eat right after taking the homeopathic medicine. Please take the pills at least 15 minutes or longer before eating. Drinking small amounts of water in those 15 minutes is Okay! If you forget to take it before eating, wait 30 minutes after eating to take the medicine.
3. Do not take the pills with water. Dissolve the pills under the tongue. If giving to small children, dissolve in 1 tbsp of water and give.
4. Homeopathic medicines are small enough for anyone to take. It will easily dissolve in infant's mouth and will pose no fear of choking.
5. If you are taking more than one remedy at a time, please allow at least 15 minutes between each other.
6. If you have been prescribed a remedy to take every day for a chronic illness and you get sick, stop the chronic remedy and take the acute remedy until it resolves. Then start the chronic remedy again.