

Homeopathy at home



The correct dosage of homeopathic remedies

Learn how to use remedies at home

A little knowledge goes a long way

One of the key rules in homeopathy is to use as few doses as possible. Generally, the more intense the acute sickness, the more you will need to repeat the dose.

For example: Very high fevers or intense pain (earache etc.) may need a repetition after 30 minutes, or in rare cases even more frequently. In most cases, however, one dose every three or four hours is sufficient.

If after one to three doses there is marked relief, STOP giving the remedy. The patient will probably continue to get better. If the improvement doesn't continue, or if there is a relapse, repeat the remedy.

If there is no relief whatsoever after about 4-6 doses, the remedy is probably not correct. Stop and review your choice of remedy.

Remember: Relief can take the form of a general improvement before specific symptoms get better. For example, if somebody with a cold doesn't experience immediate relief from the cold symptoms but sleeps peacefully or is just feeling better generally, then this needs to be seen as an improvement. The disappearance of the cold symptoms will follow.

Always OBSERVE whether the patient is getting better, worse or stays the same!

Do not be in a hurry to switch to another remedy as long as the patient is improving, however slowly.

Do not get impatient and expect a 'miracle' cure, although they do sometimes happen. Give the remedy time to act.