



Zara Bourgeois, B.Sc.,DIHom(pract.)

Instructions for taking your remedy

(To success the remedy, hold the bottle in your dominant hand and pound it against the opposite palm)

The remedy will work best if you follow these simple guidelines:

Storage: If your remedy is water-based only, dispensed from a dropper bottle, PLEASE STORE YOUR REMEDY IN THE REFRIGERATOR. Alcohol-based remedies does not need refrigeration. If you have pellets, there is no need to refrigerate.

Other Remedies: PLEASE DO NOT TAKE OTHER HOMEOPATHIC REMEDIES without first checking with your prescribing homeopath. If you have something that seems to be an acute illness, please stop taking your prescribed remedy and give the office a call so we can determine the best course of action.

Food & Drink: Please do not eat or drink for about 15-20 minutes before or after taking your remedy. Contamination: PLEASE AVOID TOUCHING THE DROPPER with your lips or tongue or fingers. If you are taking a dry dose, pour the pellets into the cap or a clean spoon rather than handling them with your fingers. When giving a remedy to an infant, you can put the drops on a clean spoon to dose or crush pellets in the corner of an envelope and use the powder.

Flus or Colds: If you catch a flu or a cold or get an infection, please stop taking the remedy and call the office. It may be necessary to take a break from your normal remedy while another remedy helps you through your acute illness as quickly as possible.

Surgery, Dental Work, other Medical Procedures: Please call the office ahead of time if you will be having surgery or dental work or another medical procedure. Certain remedies can lessen the impact of medical procedures and speed recovery. Mercury fillings may affect the action of homeopathic medicines. Please, advise us if you have any mercury fillings. We will gladly provide you with more information on the effects of mercury and other toxic metals.

Air Travel: Because of airport security machines, it is best not to carry a water potency when traveling. Dry pellets are far less sensitive to electromagnetic fields. If you will be traveling, we can provide you with your remedy in pellet form.

Coffee or Chamomile, Camphor, Tea Tree or Eucalyptus: All of these substances may interfere with the action of certain remedies. Please let us know if these are things you use often.

House of Health Homeopathy&Integrative Healthcare

www.houseofhealthcanada.com

Zara Bourgeois, B.Sc, DIHom(pract.)

tel: 780-341-4211