

The Best Method for Utilizing Homeopathic Medicines – Liquid or Pills?



Here's a tricky little riddle for you: When does a well-chosen homeopathic medicine not act?

Answer: When you don't properly utilize it!

I have a keen sense of stating the obvious, don't I? But let's face it, if you don't own the required remedy, or you own it but don't utilize it properly, even the most carefully chosen medicine will not act.

I receive questions all the time asking for the best method for utilizing homeopathic medicines. I don't find the

subject that perplexing. However, given the number of varying opinions out there, it might not be very clear to a newcomer. So, let's clear it up.

Differing Methodologies for Utilizing Homeopathy

1. Powders

Historically, homeopaths utilized homeopathic medicines in a powder form. My [Joette's Mighty Members](#)* learned about that as I read from and commented on Dr. James Compton Burnett's highly educational and inspirational book, "Fifty Reasons for Being a Homeopath."

2. Pillules or Tablets

A majority of today's homeopaths prefer utilizing the medicines manufactured in pills, the tiny little pillules that come in tubes from homeopathic manufacturing pharmacies. Some combination medicines, such as ColdCalm® and cell salts, also come in another dry form, meltaway tablets. Either way, this category of medicine is utilized sublingually, meaning simply popped under the tongue so that the medicines can be absorbed into the bloodstream through the tissues under the tongue. Easy!

Each product's label clearly states the number of pillules considered as one dose. Keep in mind that each manufacturing pharmacy may require a different number of pills. Pay attention to the label!

3. Dissolved in Liquid

Other homeopaths prefer dissolving the dry pills in water – a "water dose." This methodology involves placing a dose of the appropriate homeopathic medicine

in a bottle containing 15 ounces of water. Allow the pillules or tablets to dissolve by stirring or shaking (if a water bottle was used). When it's time for me to administer a dose, I take one capful (about one tablespoon), making sure to shake the bottle ten times before each dose.

4. Manufactured as Liquid

Some protocols may call for the medicine to be manufactured in liquid form. Do not confuse this with the method of dissolving dry medicine in water. No, this type of homeopathic medicine is created by the manufacturing pharmacy to unique specifications – either in a water base or an alcohol base. The form is similar to that of a mother tincture; only the gross substance is diluted and succussed to a specific homeopathic potency.

Follow the Leader

Generally, the medicines I teach in my blog posts are utilized as dry pills. If there is an exception – such as with [Mag phos for cramping](#) – I will note it in the post and on the free Remedy Card.

Many of the Banerji Protocols also require dry pillules. However, certain of their protocols may also involve a remedy in liquid form. In their case, this would mean using a homeopathic manufactured in liquid form (as opposed to dissolving dry pillules into a liquid at home).

Joe De Livera (also known as Joepathy) prefers to utilize a water dose (dry pills dissolved in water). He offers specific protocols for creating those water doses.

My belief is to follow the leader. When a homeopath shares

how their protocol has been best utilized, I do what they say.

So, even though I generally use dry pillules, what if Joepathy prefers [Arnica montana pillules dissolved in water](#) for a specific condition? Then, that's the way I'll do it. Thank you, Joe.

If the Banerji Protocol calls for a medicine manufactured as a liquid, then that's what I will do out of respect for their well-proven methodology.

I'm not here to argue with success. My fellow homeopaths, who also have decades of clinical experience, should be respected.

Besides, homeopathy to the uninitiated can seem complex enough. Why would we choose to add another layer of uncertainty? Do what the homeopath suggests, and don't reinvent the wheel.

Utilizing Homeopathic Medicines by Stretching Your Inventory

Some students have asked if it's okay to dissolve their medicines in water to save money by "stretching" their existing inventories.

I ask them, "Is playing with the protocol that has been clinically shown to act realllllllllllly necessary?" (Yes, I put a lot of "Ls" in my use of the word really ... for emphasis.)

A new tube of medicine is around ten dollars. If money is tight, give up a fancy coffee. Cancel a streaming service. There are so many ways to save ten dollars so that you can purchase the meticulously manufactured homeopathics from a pharmacy rather than improvising yourself.

However, I'll grant you one exception:

Alfred was experiencing terrible vomiting. *Arsenicum album* had always helped, but he only had two pills left. It was Saturday night, and there were no stores open. What is he going to do? Well, in that case, he's obviously going to try to stretch that remedy until he can procure more.

I've mentioned time and time again that you should keep your homeopathic medicine kit up-to-date and ready for any eventuality. But okay, in an instance like this, I can see the need to stretch the medicine by creating a water dose. (And you'll have learned your lesson for next time.)

Will the stretched water dose be as efficacious as utilizing the protocol? Who knows. But it's probably better than nothing until you can get the necessary medicine.

Trust Our Homeopathic Pharmacies



My friends, I trust our [manufacturing pharmacies](#). They follow exquisitely detailed regulations, both from the

homeopathic pharmacopeia and from the FDA. I have no desire to play junior chemist at home and gamble on the results.

Consequently, I teach my students to follow the protocols exactly as written by the masters. Generally, the protocols I teach involve dry pills administered sublingually. However, if the protocol calls for a water dose, create that as directed. If the protocol calls for a medicine manufactured in liquid, purchase that.

Let's keep it simple and pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', with a large loop at the bottom.

*If you're not yet a [Joette's Mighty Member](#), you're missing out on additional educational material I share only in our private enclave. There, I can be more candid and discuss topics I might not be comfortable discussing publicly.

And remember – all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.