Homeopathic Remedy

To take a homeopathic remedy, pour the pills into the cap and count out the number without touching them, if possible. The concern here is that perfumed hand soap or another strong odor may be present on your hands and could antidote the remedy. Holding remedies in one’s hand can release their ability, so if the remedy is intended for you, then holding it could be of value.

If a pill falls on the floor, do not return it to the bottle. Instead, discard it or use it immediately if the floor is clean enough. After the number of pills has been counted, simply drop them directly from the cap into your mouth and let them dissolve.

I urge my students not to give an entire bottle of a remedy away when someone else is in need. Our remedies are precious and are often needed just after lending the bottle to someone. Instead, put the needed dose in a clean envelope and label it. It will last for some time in paper, but not indefinitely. Glass is the only sure way to store for long periods of time.

Don’t transfer remedies into bottles that have held other remedies unless you boil the bottle for at least ten minutes.