



HOMEOPATHY 101



What is Homeopathy?

Homeopathy is a therapeutic method that uses natural substances to relieve symptoms. It derives from the Greek words *homeo*, meaning "similar," and *pathos*, meaning "suffering" (such as the pathology of a disease). Homeopathy operates on a "like cures like" principle that has been used empirically for more than 200 years and continues to be confirmed in pharmacological research and clinical studies.

What this means is a person suffering from symptoms can be treated by microdoses of a substance capable of producing similar symptoms in a healthy person. Homeopathic medicines stimulate the body's physiological reactions that restore health with a very low risk of side effects.

An example of how homeopathic medicines work is the similarity of symptoms between a bee sting and a rash. A bee sting swells and itches. If similar symptoms appear from perhaps hives, a rash, or even another insect bite, the homeopathic medicine most appropriate to treat these symptoms is actually made from a tiny amount of a bee. Instead of masking symptoms, the medicine sends the body a signal to help it rebalance and heal.

What is the typical dosage for a single homeopathic remedy?

The standard dosage for any single medicine is five pellets dissolved under the tongue, three times a day. Homeopathic remedies can be taken as frequently as every five minutes. The severity of the condition will indicate how frequently to take the remedy, but you should always take into consideration the key principle of homeopathy that "less is more."

Once you have taken one dose of the remedy, observe your symptoms. If you start to see a measurable improvement, take one more dose after three hours, and then stop taking the remedy altogether. If you see no improvement after half an hour, repeat the dose as needed until you see improvement, and then reduce the frequency of the medicine until you stop the remedy altogether.

Rarely do you have to take homeopathic remedies every day for a long period of time. In an acute situation, you may see an improvement anywhere from immediately to 24 hours after taking the remedy.

What is the difference in dilution levels?

Most single homeopathic medicines are available in several dilutions. The letter indicates which dilution process was chosen, while the number indicates how many times that dilution process was used, and consequently, which symptoms the medicine is meant to treat.

Here's a quick guide to using homeopathic medicines:

- Low dilutions, such as 6X or 6C, will relieve local symptoms — a symptom you can point a finger at (e.g., an insect bite or bruise).
- Medium dilutions, such as 12X, 9C or 12C, will relieve general symptoms — more than one symptom in more than one location (e.g., muscle aches and pains).
- High dilutions, such as 30X or 30C, will relieve general symptoms — more than one symptom in more than one location with possible behavioral or emotional symptoms (e.g., a very high fever and chills, accompanied by agitation or sleeplessness).

The right medicine, no matter what the dilution, should lead to a lessening of symptoms. For most medicines, choosing the right dilution is merely fine-tuning.

How do I dispense the pellets from the tube?

First turn the tube upside down with the cap on, then twist. As you twist, the pellets will fall into the cap. Remove the cap from the tube and use it to pour the pellets under your tongue. It is not recommended to touch the pellets and tablets with your fingers or hands. Introducing any moisture to the pellets or tablets will begin the dispensing of the medicine, and any oils on your skin may coat them and hinder absorption once the medicine is in your mouth.

Should I take my remedy with or without food? Are there any other restrictions?

The most efficient route of administration for homeopathic medicines is to dissolve under the tongue. To allow for better absorption, homeopathic medicines should be taken in a mouth free of strong flavors or anything that may coat the mouth.

We recommend taking the medicine 15 minutes before or after eating, drinking, or brushing your teeth. Whatever food particles or flavors remain in your mouth may interfere with or delay absorption. However, there is no reason for food consumption to be staggered or withheld due to digestive interaction. Since the absorption takes place through the mucous membrane coating on the inside of the mouth, food in the stomach has no influence. Homeopathic medicines are not contraindicated with pre-existing conditions and are not known to interact with other medications or supplements.

Store remedies in a cool, dry place away from light, electrical equipment, and strong odors. Essential oils and strong herbal substances such as camphor, menthol, peppermint, tea tree oil, antiseptics, and caffeine can reduce the effectiveness of homeopathic remedies.

Sources:

<https://www.boironusa.com/trainings/about-homeopathy/> | <https://www.boironusa.com/trainings/faq/>
<https://www.homeopathystore.com/blogs/newsletter/6776844-how-to-best-use-homeopathic-remedies>

HOMEOPATHIC REMEDY DILUTIONS

Low potencies = 6x, 6C (best for local/single symptoms)

Medium potencies = 12x, 12c (general/multiple symptoms)

High potencies = 30x, 30c (general symptoms w/ behavioral/emotional component)

Very high potencies = 200C, 1M, 10M, 50M

The letter indicates how diluted a remedy is, and the number indicates how many times the dilution was repeated. The greater the dilution, the more potent the remedy. The right remedy, no matter the dilution, should result in a lessening of symptoms. For most remedies, choosing the right dilution is merely fine-tuning.

X = decimal (1/10) dilution

1X = 1 part substance to 9 parts liquid

2X = 1 part 1X to 9 parts liquid

3X = 1 part 2X to 9 parts liquid

C = centesimal (1/100) dilution

***CK/CH** = specifies method of dilution

1C = 1 part substance to 99 parts liquid

2C = 1 part 1C to 99 parts liquid

M = millesimal (1/1000) dilution

1 M = 1 part substance to 999 parts liquid

Decimal Scale	Centesimal Scale	Concentration
1x		10 ⁻¹
2x	1c	10 ⁻²
3x		10 ⁻³
4x	2c	10 ⁻⁴
6x	3c	10 ⁻⁶
12x	6c	10 ⁻¹²
24x	12c	10 ⁻²⁴
30x	15c	10 ⁻³⁰
	30c	10 ⁻⁶⁰
	200c	10 ⁻⁴⁰⁰
	1000c (1M)	10 ⁻²⁰⁰⁰
	10,000c (10M)	10 ^{-20,000}

References: <https://www.boironusa.com/info/> | <https://www.boironusa.com/trainings/faq/>
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