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HOMEOPATH

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DOSAGE CUPS: A METHOD OF DILUTING YOUR DOSE

One of the benefits of taking homeopathic remedies in a water potency is the ability to completely individualize the dose of a remedy.

When the typical doses, like a drop dose (strongest dose) or even olfactory/sniff dose (less strong), are too much for the individual, we can use “dosage cups” to reduce the dose even further. If you have responded strongly to a remedy in the typical dose, the level of your reaction needs to be assessed by your practitioner who will inform you of how many dosage cups to make.

TO MAKE DOSAGE CUPS, YOU’LL NEED:

- Use 3 or 5 oz. paper (dixie) cups and plastic spoons.**
- Purified, distilled or spring water**
** you can use reusable cups and spoons but they WILL NEED to be dish-washed or boiled to remove the remedy. Handwashing will not do it. **

DIRECTIONS FOR MAKING DOSAGE CUPS:

Set out the desired number of cups on the counter in a line or in equal rows (for example, let’s say it’s 3 cups). Fill them halfway with purified water. Henceforth, they will be referred to as “dosage cups”.

The first cup = the 1st dosage cup, the second cup = the 2nd dosage cup, etc...



Stock bottle of remedy



Plastic spoon



Cup 1



Cup 2



Cup 3, etc

1. **Have ready a “stock” of the remedy.** This can be either one pellet of the desired remedy dissolved in a dropper bottle OR one pellet of the desired remedy dissolved in an additional, paper cup filled halfway with water. Please mark this cup as having the straight remedy in it so you don’t get it confused (i.e. Arsenicum 30C)
2. **Add one drop** of the “stock” remedy **to the first dosage cup.**
3. Either **stir with a plastic spoon or swish** the first dosage cup **2-3 times.**
4. **Add one drop** from the **first dosage cup to the second cup**, then **stir or swish it 2-3 times.**
5. **Repeat as needed** until you reach the **desired number of dosage cups** or dilutions.
6. After you finish preparing **the last cup**, **pour this liquid into a new bottle labeled** “Remedy name, Potency, and number of dosage cups”. For example, *Lycopodium* 1Q in 6 dosage cups, would be labeled “Lyc 1Q, 6DC”. **This will be your new remedy bottle for the duration of the time you take the remedy** and you will **take olfactory (sniff) doses of it.** Don’t forget to **add the date** to the label! Always **success every bottle 2-3 times before each new dose.**

If you continue to have a strong response to the remedy after trying the suggested amount of dosage cups, please call & report your reaction.

There’s no charge to adjust your dosing