



Christina Thevaos, Homeopathic Practitioner

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## GETTING STARTED WITH HOMEOPATHIC TREATMENT

This sheet contains general instructions for homeopathic treatment. Your specific, personalized instructions come with each package of remedies you receive in the mail. When in doubt, please call or text me to go over the details!

### OPEN THE PACKAGE

You will have either bottles that are filled with a water/brandy mix, the appropriate remedy and labeled... OR you will receive dry pellets in either small manila envelopes, tubes, vials or small bottles. If you are instructed to take the pellets in dry (pellet) form, then you should have received instructions on how to take them.



### HOW TO MIX DRY PELLETS INTO LIQUID FORM

1. **Add ONE to FIVE PELLETS** to a  $\frac{1}{4}$  to 2oz **dropper bottle** (whatever size you can find)
2. **Fill** with 70-80% purified water and 20-30% alcohol (I prefer brandy, but any clear unflavored alcohol 80 proof or 40% or more by volume like vodka is fine - **Never use Rubbing (isopropyl) Alcohol!**)
3. **Label** the remedy and potency
4. **Date** - add the start date

### MIXING TIPS

- Open any envelopes or containers of pellets over a clean black colored cloth (like a t-shirt) so you can see any pellets you may drop
- Use a spoon to add pellets to the bottle
- If you wish to not use alcohol to preserve your remedies (after all, you are adding sugar pellets to water and they will grow mold over time if not preserved), you can use Glycerin or Colloidal Silver as substitutes

### BEFORE TAKING A LIQUID HOMEOPATHIC REMEDY...

Before taking each dose, **SUCCUSS** (shake/strike) bottle firmly 2-3 times against the palm of your hand.



### TIMING OF DOSES FOR HOMEOPATHIC REMEDIES

Allow a minimum of 30 minutes between doses. It is preferable to spread your doses over the whole day. A span of 2 or more hours is preferred. **Timing instructions may differ for emergency/acute treatment.**

### DOSE DEPENDS ON SENSITIVITY

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Generally, a dose = 5 drops, unless you've been told otherwise.

Over time, your dose may change and is determined during each consultation.

Directions on when, how long & how often to take your medicines are provided after each consultation.

- **Drop Dose:** One dose = succuss, then take 1-5 drops of the remedy solution by mouth.
- **Olfactory Dose:** One dose = succuss, then take 1 "big sniff" from the remedy bottle.
- **Dosage Cups:** One dose = succuss, then take 1 "big sniff" from bottle, prepared according to special instructions, see "**How To Dilute Your Remedies With Dosage Cups**"

### SHIPMENT OF REMEDIES:

Most orders are ready to ship within 5 business days or can be ordered by you from select sources (I will give you the links). I ship around the world via United States Postal Service (USPS).

### STORAGE & EXPIRATION DATES ON YOUR MEDICINES

**Liquids:** FOR MAXIMUM EFFECTIVENESS PROTECT LIQUID MEDICINES by either

- Keep your remedies away from EMFs, cellphones, electrical appliances and outlets
- Please also protect medicines from **freezing and from heat over 120°F/49°C**.
- **Do not refrigerate!**
- Liquid medicines preserved with alcohol can last up to 6 months, *if properly stored*.
- Remedies not preserved with alcohol will only last about 7-10 days, less in warmer climates.

**Pellets:** Pellets will last indefinitely if stored in cool, dry place, away from perfumes and strong smells.

### WHAT CAN INTERFERE WITH YOUR HOMEOPATHIC TREATMENT?

Do your best to read the labels of the products you use or consume. To get the best out of homeopathic treatment, try to avoid the following. Remember, if you are occasionally exposed to one of these interferences, don't worry. **The next dose of your remedies will start the action over again.**

1. **Camphor** - can antidote/stop the action of plant-based remedies for up to 3 days. It's found in nail polish, poison ivy lotions, vapor rubs, medicated rubs, etc.
2. **Coffee, caffeinated and decaf.** Not all remedies are antidoted by coffee. Black, white and green tea, matcha & kombucha is OK
3. **Strong odors:** menthol, eucalyptus\eucahyptol, thymol, tea tree (found in personal care products), strongly scented cleaning agents; etc.
4. **X-rays, ultrasounds, dental drilling, high-speed vibrations and airplane trips**
5. **Medications, recreational drugs,** etc.
6. **Physical or emotional shocks or traumas** (accidents, concussions, sudden relationship break-ups, death of loved one, being taken advantage of, etc)

### RECORD KEEPING

Get a 3 ring-binder or notebook. Use it for:

1. Jotting down instructions given after each consultation,

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2. Recording symptoms and other observations made between each consultation.  
It's a great way to track your progress!

**ADDITIONAL TIPS:**

- When in doubt, call, text or email and ask! I'm happy to answer questions.
- Always keep extra clean bottles on hand. You don't want to need a bottle and not have one!
- Remember – homeopathic remedies don't work if you don't take them!

**CONGRATULATIONS!**  
**YOU ARE ON THE ROAD TO RESTORING YOUR HEALTH and SPIRIT.**  
**I'M HAPPY TO BE A PART OF YOUR HEALING TEAM!**