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Remedy Instructions

Welcome! This educational material will give you information about taking your remedy, reporting your progress, and answers some general questions you may have.

Instructions for taking your homeopathic remedy

Local Clients in Massachusetts: you have been given a bottle with the remedy dissolved in it.

Distant Clients: Out of State, Country: if you are traveling by plane—*the remedy is given to you in a small zip-lock bag or paper packet*. Please cut off the bottom corner of the bag with scissors and then use the bag as a funnel to slide the pellet in the bottle. One pellet is best, but if two pellets are in the bag and end up in the bottle, that is fine as well. Put 8 oz. of water into the bottle - filtered, purified or distilled is best - but the remedy will work equally well with tap water, if that is what you normally use.

Test dose:

The first dose (test dose) is a ONE TIME dose, and taken in the evening as soon as possible after the initial consult once you are home and are back in your normal routine. It is not advised to take a test dose when you are traveling as you are under the stress of traveling, and it may be more difficult to judge the effect of the test dose.

The test dose is administered as follows

Do NOT succuss (hit the bottle hard against the palm of your hand) the remedy with this dose. Farah will determine the interval/dose of next doses after hearing the result of the test dose with your reporting at day #3: ***DO NOT TAKE ANY MORE DOSES*** until you communicate to the office how you did with your test dose and you hear back from her! Note below the instructions that you are given. Pour out the unused remedy from the cup and keep the empty cup for future doses of the remedy. It is best to use a plastic cup and spoon which you will only use for this remedy, not for food or for other remedies. Label the cup, especially if many family members are on remedies.

Communicate your report after you take your remedy at day #3 and #10

E-mail your progress report of how you are doing at day #3 after you take your remedy and at day #10. Please find the “*Follow-up Questions after consult and all subsequent visits*” form in the packet or online at http://www.newlifehomeopathy.com/office_forms.cfm. This format will help determine your remedy progress and management.

Your 3 day report:

Count the days after the remedy was taken. For example, if a remedy is taken on a Sunday 8/14, day #3 is Wednesday 8/17. That is the day that you summarize your remedy and send in your report.

Your 10 day report:

If you are advised to take the remedy in a certain number of days, the #10 day report is still 10 days from the first day you have taken your remedy. Following the example above, your remedy report is due 8/24, as your remedy was first taken on 8/14.

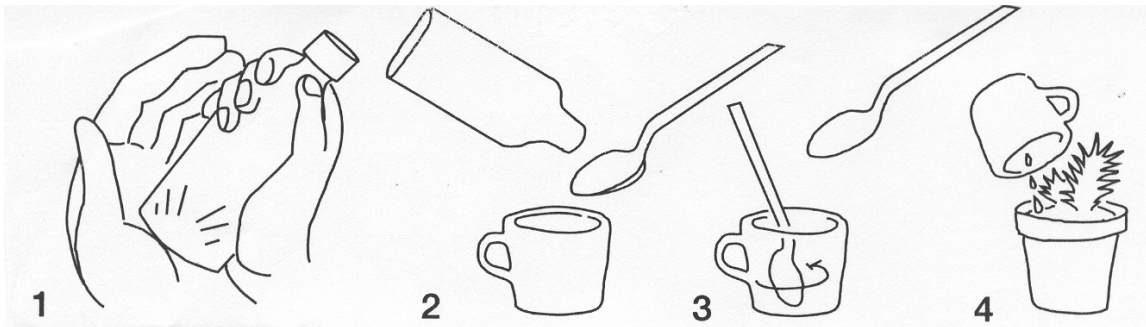
There is no charge for brief questions, but there is a charge for longer consultations. For fees, please see the paper titled “*Consultation and Subsequent Visits—Fees and Policies*”

Please email your reports to: farahgron@yahoo.com

Please contact the office at 617-731-1400 for scheduling future appointments.

How to take your remedy the SECOND AND SUBSEQUENT doses

See diagram below: “Success” (hit the bottle hard against the palm of your hand from a distance of about 2 feet) the bottle as many times as you are instructed before EACH time you take a dose. Then take as much water from the bottle as instructed, put this in the same cup as used before with 4 oz of new water, stir vigorously, and take as much as instructed from the cup.



Always discard the rest of the water in the cup (it's great for your plants!). NEVER DRINK THE WHOLE CUP. Do not save the water in the cup overnight. You need to make a new cup with each dose, after succussing the remedy bottle again before you take your remedy.

It is helpful to keep a journal noting the time you took your remedy and the results that followed. The results can be as subtle as deeper sleep, a feeling of well being, more energy or positive mood all the way to a dramatic improvement in your mental, emotional and physical condition.

Office Communication

Voicemail is available for general, non-emergency situations only. If no one answers the phone during office hours, please leave a message, and we will return your call generally within one business day (Mon-Fri). The

same is true for e-mail and fax communication. Questions about your case should be e-mailed to the above e-mail address.

After office hours and Emergencies

If anything may arise that you consider an emergency, or urgent care is needed, do NOT come to the office, do NOT leave a message, do NOT wait for a return phone call and do NOT use e-mail. **Dial 911 or go to your local emergency care center for immediate medical care.**

Farah is NOT on call after hours or weekends, so please see above information for emergency issues, or call your primary care physician or pediatrician for further assistance if required.

Please remember Farah is not a medical doctor and is treating your emotional state related to your chronic condition/symptoms and does not give advice for or against vaccinations, hospitalization or surgeries. Nor does Farah treat acute events such as colds, flu, infections, etc. Please contact your primary care physician or healthcare practitioner if needed for any of these issues or acute symptoms.

Special in instructions/precautions

- Your remedy does not need refrigeration. If you live in a very hot or humid climate, you can refrigerate your remedy for better preservation. If over time your remedy is cloudy or no longer clear, discard it as it is no longer good.
- If the eye dropper gets dropped into the remedy bottle, drain the remedy into a clean paper cup and retrieve the eye dropper and put it in hot water to clean it, pour the remedy back into the remedy bottle. If the eye dropper breaks buy a plastic one from the pharmacy or drug store - they have them for children.
- If you take your dose too early by mistake, just wait an extra day before your next dose if you are doing OK. So if you have been instructed to take your remedy every three days, take the next dose on day #4 and then go back to your normal schedule.
- You can go through airport security with your remedy...make sure it is in your carry on luggage. The radiation will not harm it.
- Do not eat or drink anything for 20 minutes before or after taking your remedy. Also avoid taking the remedy around the time you brush your teeth. Water is okay.
- Drinking more than one cup of coffee may alter the effects of your remedy, but there is no need to change your diet/lifestyle at present, but ideally move toward drinking less coffee. Take the remedy at least 20 minutes later after drinking a cup of coffee. Tea is acceptable, as are other caffeine-containing foods like cola and chocolate.
- If you have symptoms related to your menstrual cycle, don't start a new remedy right before your period, or while having PMS or during your menstrual cycle, as your symptoms may aggravate.
- Do not stop taking your medications. Do not start any herbs or acupuncture while we are evaluating the remedy affects.

For more *frequently asked questions*, see www.drluc.com under the *office section*.

Evaluating the effects of your remedy

The beauty of homeopathy and healing is that everyone is different, and just as a thumbprint is unique, so is your individual healing process. You can also see the form titled *“Follow-up Questions: after consult and all subsequent visits”* for a general idea of what to look for.

Sleep/Dreams: Were there any changes in your sleep? Did you sleep deeper, or not as good as you usually do? What were your dreams like? Did you experience a shift in your dream content? As a first sign of moving in the right direction we may see a change in the topic of dreams: going from nightmares with killing to a dream with festivities, traveling, meeting people, connecting to deceased friends or relatives.

Energy: Sometimes after taking a remedy a person can become sleepy. This is your body’s way of slowing down to heal. Please don’t fight the process and busy yourself. Some people will experience more energy on a remedy.

Emotions: Changes on the emotional level can be varied. You can experience a lessening or changing of your emotion such as less anxiety or a happier feeling. Sometimes one can’t put their improvement into words, only that one feels lighter, or more hopeful. Sometimes a release of emotions, such as anger and sadness that have been suppressed can be felt.

Physical Symptoms: These vary and can range from their disappearance, a temporary worsening, and even a return of symptoms from your past, such as fevers, old injuries, and symptoms suppressed by certain medications. The homeopathic remedy will strengthen your vital force and your immune system, and might begin a healing process that will take you back in time. Old issues such as rashes, fevers, colds, and discharges might reappear. These are the body’s natural way of healing and their release is to be encouraged. Do not be concerned as these can be good signs of deep repair. With the help of homeopathy, you can get through these symptoms easily in most situations.

Suppression, Progress and Patience: If suppressive measures have been used, such as numerous antibiotics to suppress a yeast infection, cortisone creams to suppress a skin rash, or prescription medicines to suppress pain, a sleep problem or other illness, healing can be delayed and the process can be more difficult. Remember that homeopathy and healing is individual and not a “one pill fits all” approach. Sometimes as part of the healing process, these symptoms will get worse or reappear temporarily before they get better. The longer and more often suppressive measures have been used, the more protracted and uncomfortable the healing might be. If you see discharges from any opening in the body or rashes appear after the remedy and you never had such symptoms, it is a sign of healing as the disease is being pushed outward (exteriorization). So never suppress these symptoms with creams or suppositories as you will work against the good work of the remedy and Nature!

Keep in mind the good news is you are finally getting to the root of your symptoms rather than just pushing them deeper in the body, and your health in many areas will benefit as a result. It can increase the quality of your life for many years to come.

With homeopathic treatment, you are choosing healing instead of suppression, and as you move forward you may find the need for less medication. We recommend that you stay under the care of a physician to monitor your medication. Sometimes patience and perseverance will be needed in the case of long standing symptoms, suppressed rashes, discharges, etc.

Maintaining causes: Remedies have an amazing capacity to restore health to the human body and change start to occur through shifts in the mind and body that are very natural. However, with some people certain lifestyles, such as poor diet, lack of exercise and emotional causes such as stress, anger, relationship problems, and abusive situations put such a high stress on the healing process that they interfere with the action of the remedy. If these stressors are allowed to continue, they can undermine the benefits of a remedy and thus your symptoms may stay the same. In these situations the only lasting cure is to make changes in your life and/or lifestyle to remove the maintaining causes and thus allow the remedy to assist your vital force to heal. Many of these changes are often difficult to make, even with a remedy, as they have become ingrained habits. If needed, we encourage you to seek the appropriate help and avenues for increased healing.

For further information about understanding homeopathy there are numerous informative articles on Dr. Luc's web site www.drluc.com under *General/Public Articles*.