

Tips On Using Homeopathic Medicine
by Jeremy Brenes

Homeopathic medicine works on different principles than allopathic (i.e. conventional) medicine. It has been described variously as an alternative, natural, or energy type of medicine, among other things. When the ideal remedy is found, control, if not a permanent cure, can be gained, and without the harmful random side-effects frequently associated with allopathic medicine. For people who have been accustomed to using allopathic medicine for most of their lives, some of the concepts behind how it works and how to use it may seem strange. Nevertheless, with this unique medical approach you will find the health effects beneficial, if not startling. The following is a quick list of a few simple things to keep in mind when undergoing homeopathic treatment.

1. The most common form of homeopathic medicine is the pellet. These are bb-sized balls containing the base (usually sucrose), along with a minute quantity of the homeopathic medicine you need. You should never touch these pellets with your hands! Doing so could antidote (i.e. take away the healing power of) the medicine.
2. When taking the homeopathic medicine, you should apply it underneath your tongue (this applies to most forms of homeopathy, including drops and sprays). You should let pellets completely dissolve naturally under your tongue. Ideally, you should not take the medicine with food or beverages, waiting at least several minutes before you eat, or 30 minutes after you eat.
3. You should avoid high-energy type substances when under homeopathic treatment. The most common forms of these include menthol, camphor, eucalyptus, peppermint, spicy foods, psychoactive drugs, tobacco and caffeine. There is no need for smoking and coffee addicts to despair, though! Small quantities of these substances may not be harmful, except to those people who get "wired" from them. Also, this rule tends to apply to organic-based homeopathic remedies more so than the inorganic ones. If possible, however, it is usually best to play it safe and simply lay off of them.
4. Take care when storing homeopathic medicine. Never leave it sitting out in sunlight! Doing so will antidote the medicine. The best thing to do is to store it in a dark room at room temperature. Keep it away from x-ray machines and metal detectors. Also, depending on the form, remedies can have a finite shelf life like other medicines. Some remedy makers print an expiration date on the label (which may or may not be meaningful). Generally, however, remedies have been known to be good for prolonged period, even after a century! Speaking of labels, the usage indications are often meaningless, since the simplistic "one medicine for one symptom" mentality does not apply to homeopathy, except perhaps in acute cases.
5. You should avoid other types of treatments while taking homeopathic medicine, including herbal medicine, acupressure, and acupuncture. While doing so should not be harmful, it can, for lack of a better term, be confusing for your body. Furthermore, mixing therapies makes it difficult to gauge whether or not a given remedy is working for you or, for that matter, which remedy is working for you. For similar reasons, allopathic medicine should not be taken unless necessary, depending on the medication and the ailment in question (a professional homeopath should be consulted in questionable cases); these only mask symptoms and make an evaluation of the homeopathic medicine's effectiveness more difficult. Ideally, homeopathy treats ailments by itself with a single remedy, or a sequence of a few remedies.
6. Be patient! It can take time to find the right remedy out of the plethora that are available, and to get the potency that is right for you. Also, particularly in chronic cases, it can take time before the effects completely take hold. You should only take doses when necessary, so that your body can heal itself without being overwhelmed. In fact, taking remedies too frequently is probably the most common mistake made by people undergoing homeopathic treatment. An initial aggravation (i.e. worsening of symptoms associated with your problems) is not uncommon after taking a remedy. This is only temporary as your body is trying to adjust and heal itself. Just remember how much time you have spent on allopathic medicine, and compare the potential benefits that homeopathy can provide (and without all of the harmful side-effects). After all, homeopathy doesn't just suppress symptoms, it can actually cure!