



HOMEOPATHY GUIDE

*Mary Langfield, Classically
Trained Homeopath*





Instructions for Use of Homeopathic Remedies

HOMEOPATHIC MEDICINES CAN HAVE A POWERFUL EFFECT WHEN PROPERLY CHOSEN AND GIVEN AT THE CORRECT TIME. CERTAIN ENVIRONMENTAL FACTORS, MAY, HOWEVER, PREVENT OR HINDER THEIR ACTION. PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

TAKING THE REMEDY:

Avoid Touching the Remedy:

- Make sure your hands are free from strong odors. Shake pellets directly into your mouth, use a metal spoon, or pour pellets into cap, then into your mouth. Let pellets dissolve on or under your tongue for a minute or so before swallowing.

The Mouth Should Be Substance Free:

- When taking the medicine, the mouth should be free from food, liquid, gum, toothpaste, mouthwash, etc. *for 15 minutes before and 15 minutes after.* In acute situations, rinse your mouth with water well if not able to adhere to this.

Protect The Remedy:

- Direct sunlight, heat over 110F (such as a car in the summer) and strong odors will often destroy a medicine before you take it. Avoid wearing perfume, cologne, or strong essential oils when you take a remedy.

Discard Spilled or Transferred Remedy:

- If, by accident, some of the remedy spills, do not return it to the container. Discard it. Do not reuse the remedy containers after use.

Storing Your Remedy:

- Do not store in sunlight, near microwaves or electrical currents.



Things to Avoid/Consult With Mary About

COFFEE

- Coffee can potentially reduce the effect of some homeopathic remedies. Please consult with me regarding recommendations on coffee intake while taking your remedy.

CAMPHOR/MENTHOL

- These may antidote your remedy. Avoid anything that has significant camphor such as deep heat rubs (i.e. Vicks, Tiger Balm, Bengay, etc.), many lip balms (Chapstick, Blistex, etc.), and most cough lozenges. Mint flavored toothpaste, gum, and soap can be used unless otherwise noted.

ANYTHING YOU ARE PARTICULARLY SENSITIVE TO

- Avoid any food, chemical, perfume, or substance that causes severe reactions in you - i.e. - hives, skin reactions, asthma, etc. Moderate use of alcohol, tobacco, or recreational drugs does not generally interfere as long as there is no special sensitivity. However, marijuana may antidote certain remedies.

ROUTINE DENTAL WORK

- Cleaning of teeth is OK and does not cause a problem. Drilling and chemicals used in dental work often will antidote homeopathic remedies. Consult with me if you have more than a routine cleaning.

ALLOPATHIC DRUGS

- Please tell me about all drugs, strong herbs, birth control, diet pills, etc. that you are taking. Under no circumstance should you stop taking allopathic drugs without first consulting with your healthcare provider, then please inform me of any changes. An occasional Tylenol or aspirin won't be an issue.

SKIN MEDICINES

- It's not uncommon for remedies to bring back old skin symptoms. Please do not use any locally applied medicine of any kind before consulting with me. This is especially true for topical steroids.

AIR TRAVEL

- The stress of air travel can sometimes antidote a remedy.



Instructions for Taking Homeopathic Remedies

DRY

1. PLACE 1 DOSE () PELLETS UNDER YOUR TONGUE
2. REPEAT FOR () DOSES
3. STOP, HOLD ANY EXTRA REMEDY AND WAIT

WET

1. PLACE 1 DOSE () IN A GLASS CONTAINING

2 oz - 4 oz OF DISTILLED OR FILTERED WATER

2. LET PELLETS DISSOLVE

3. STIR FOR 30 SECONDS WITH A METAL SPOON

4. TAKE 1 TSP PER DOSE, SWISH, AND SWALLOW

5. DOSE -----

*Your mouth should be free of food and liquids for 15 minutes
before and 15 minutes after taking the remedy*



Instructions for Plussing Homeopathic Remedies

1. PLACE 1 DOSE () PELLETS IN A GLASS CONTAINING

2 oz

4 oz

OF DISTILLED OR FILTERED WATER

2. LET PELLETS DISSOLVE

3. STIR FOR 30 SECONDS WITH A METAL SPOON

4. TAKE 1 TSP PER DOSE, SWISH, AND SWALLOW

5. DOSE _____

6. IF YOU ARE TAKING MORE THAN ONE DOSE, THE SAME ORIGINAL SOLUTION MAY BE USED FOR UP TO 2 DAYS

7. KEEP THE GLASS COVERED IN A CUPBOARD BETWEEN DOSES AND RE-STIR PRIOR TO SUBSEQUENT DOSES

Your mouth should be free of food and liquids for 15 minutes before and 15 minutes after taking the remedy

CONTINUED >>>



Remedies Plussed in a 1 oz Bottle

1. POUND THE BOTTLE _____ TIMES FIRMLY AGAINST A BOOK

TAKE ONE DROPPER FULL IN YOUR MOUTH. SWISH, HOLD UNDER TONGUE & SWALLOW

3. DOSAGE _____

Your mouth should be free of food and liquids for 15 minutes before and 15 minutes after taking the remedy



Instructions for L/M Remedies

Enclosed is your homeopathic remedy dissolved in a mixture of alcohol and water. This is your STOCK SOLUTION from which you will prepare the doses you will be taking.

In order to prepare your dose, it is necessary to dilute your stock solution. Please read the dilution directions and follow them carefully.

DILUTION DIRECTIONS: PREPARE YOUR REMEDY FRESH EACH DAY

If your instructions are to take your remedy more than once a day, you can take all doses out of the same batch daily. Each step below needs to be completed each new day.

1. REMOVE DROPPER AND SQUEEZE CONTENTS INTO BOTTLE TO EMPTY DROPPER FULLY (CLOSE BOTTLE BACK UP)

2. STRIKING THE BOTTLE.

Hold the bottle upright and firmly and strike it against a book or firm surface 10 times.

3. TRANSFER ____ DROPS OF STOCK SOLUTION

With the liquid dropper top, put ____ drops into 4 oz/half cup of distilled water in a glass. Use a bottle made of glass, not plastic. Do not refrigerate.

4. STIR THE SOLUTION

Stir the solution you have just made in the glass vigorously for 15 seconds with a metal spoon.

5. TAKE YOUR DOSE

Usually the dose is one-half teaspoonful of the solution you have prepared. Take this immediately after stirring it. Slish the dose in your mouth for 10-15 seconds before swallowing.

Your mouth should be free of food and liquids for 15 minutes before and 15 minutes after taking the remedy



Instructions for L/M Remedies

1. Empty dropper and strike against book 10 times



2. _____ drops



3. Stir vigorously in a glass with 4 oz. distilled water



4. Take 1/2 tsp. dose, slosh in mouth 10-15 seconds, then swallow

Remedy: _____

Date: _____

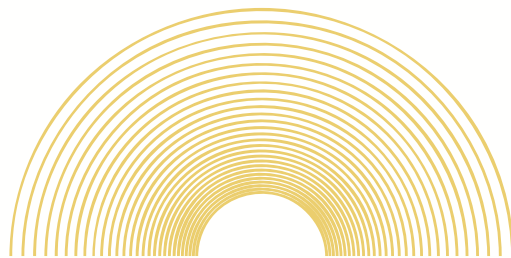
Your mouth should be free of food and liquids for 15 minutes before and 15 minutes after taking the remedy



A Little About Mary Langfield

I help you tend to your soul through simple lifestyle changes, creating sacred self-care, tapping into your intuition, all while honoring your healing journey.

I'm a coach, teacher, speaker & energy alchemist with a background in classical homeopathy, holistic health coaching, yoga, Ayurveda, flower essences, and human design.



mary@marylangfield.com

www.marylangfield.com

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