

WHAT TO EXPECT

HOW MANY REMEDIES WILL I NEED?

- Often ONE remedy can heal many complaints.
- Several remedies may be needed over time. So follow up is important in these cases.
- If you develop a new incident, like a severe emotional trauma, physical trauma or new exposure (ex. drug, virus etc) you may need another remedy for this NEW EXPOSURE.

AFTER A DOSE OF HOMEOPATHIC MEDICINE

Here are 5 possible reactions and what do in each case.

Take the amount discussed in the office (1-5 drops or a sniff etc)

Wait 12 hours before repeating the remedy again.

Assess how you feel in 12 hours to decide on repetition frequency and next dose.

1. You may feel SIGNIFICANTLY BETTER in mood, energy or sleep. In this case, do not repeat the remedy until you feel the effect is no longer acting on you.

You may need to repeat the remedy daily or only every few weeks or months.

If the remedy works great for the first dose, but the effect is not as strong for the subsequent doses, it means you may need a different potency or another remedy. Call me if that occurs.

If you repeat the remedy too soon, you might get an aggravation of your complaint. Do not repeat the remedy **until you are no longer feeling any good effects from your remedy. In other words, repeat the remedy when you feel it is no longer working (ex. most of your imbalances that went away after the remedy are returning again). Do not repeat more than once a day on day 2 and beyond unless we discussed to do so.**

2. Some people feel NO RESPONSE at all after a dose. This means there was NO change in mood, energy, sleep, or in your disease symptoms. If no changes occur after 12 hours, repeat the remedy and reassess again in 24 hours. If you still dont notice any reactions (better or worse), repeat once a day. If you still feel nothing different after 5 days, call, text or email me. Most people will notice a change in 1-2 days.

3. NEW SYMPTOMS may appear. If you experience any uncomfortable symptoms, call me. You may experience transient new symptoms that should pass after the second dose. If not, call me. You may need a different remedy.

4. A RETURN OF OLD SYMPTOMS may appear at some point during your treatment within hours, days, weeks or months. If you note a return of an old symptom (ROS) anytime during your treatment, call me. This can be a good sign if you are also having a better mood, better energy or improved sense of well being during this episode. This ROS reaction should be shorter or less severe than your previous experiences with this old symptom. Call me to discuss if such a ROS occurs. Do not suppress with a drug unless life threatening, as this may delay your healing.

5. Your SYMPTOMS may FLARE UP. If your symptoms flare up after a remedy and last more than a day or your symptoms are very uncomfortable, please call me to discuss how I can help you. I will need to reevaluate to make sure this remedy is still the correct one for you. If your symptoms flare up after a dose, but then improve quickly, it simply means the amount of remedy or the dose was too large for you. In this case, make sure to take a ***smaller amount when your body needs another dose***. So, for example, if you took 2 drops at first but had an aggravation, consider taking only 1 drop or a sniff when you are ready for another dose. Call me to discuss the dosing adjustment.

HOW OFTEN SHOULD I REPEAT THE REMEDY?

Repetition of the remedy will be needed until the body is healed. Each person requires a different repetition or frequency depending on several factors such as their vitality, life stressors, use of strong coffee, use of strong mints, exposure to other energy frequencies or the type of illness they have. Take the remedy only AS NEEDED when you feel the remedy is no longer helping you, as it had after you took your first dose.

A young healthy person may only need 1 dose several months or years apart. Older individuals may need to repeat the remedy once a day, every 2-3 days, once a week or once every few months.

Life stressors will put a strain on the healing process and you may require more frequent repetition of your remedy during those times.

Again, repeat your remedy as needed. If you are not sure when to repeat, please call me to discuss so we can set parameters based on your symptoms or signs that call for another dose.

HOW LONG WILL I REQUIRE HOMEOPATHIC TREATMENT?

Length of treatment varies according to the disease and to the individual. More serious or deeper pathology will require a longer treatment period of medicine doses but you should note improvement within days to weeks to know you are on the right path. A general, though not steadfast, rule is that for each year of chronic disease, you may need 3 months of treatment.

WHEN SHOULD I FOLLOW UP AGAIN?

- When your remedy is no longer producing a benefit for you or the remedy stops working.
- When you are improving but another symptom or set of symptoms is not improving or getting worse.
- If you get an acute illness (ear infection, sinusitis, urinary tract infection etc) or a new problem.

PLEASE NOTE

A remedy should improve your most important or vital organs first. For instance, skin and joints are less important than heart and lung symptoms. Energy, mood, the mind and sleep are most important. These symptoms should resolve within one week or less.

It is important to follow up to make sure you are healing rather than simply SUPPRESSING your symptoms.

CONTACT INFORMATION

hpjane@gmail.com

440-334-6200 call or text me.