

## ARE YOU TAKING YOUR MEDICINE CORRECTLY?

### HOMEOPATHIC MEDICINES:

Please note that homeopathic medicines **will not interfere** with pharmaceuticals. If the medicines are not taken as directed, your results will be significantly decreased. Please follow the directions below for optimal results:

- Nothing to eat or drink **5 minutes** before and after taking the medicine.
- No caffeine, mint (such as toothpaste), menthol, or camphor (found in some topical creams). If you do use them, take the homeopathic medicine **5 minutes** before and after consuming or using those products.
- If you smoke, please do not smoke for **1 hour** before and after taking your medicine.
- Place drops/pellets under the tongue and leave there until absorbed or 1 min. After 1 min you may chew the pellets. Do not let the dropper touch your tongue, teeth or mouth. Do not touch the pellets with your hands.
- If you are taking more than one homeopathic at a time, take them at least 5 minutes apart. If they are labeled with numbers such as 1 or a 2, that is the order you are to take them in. You finish #1 according to the directions on the bottle or Doctor's slip and when #1 is finished then move on to the next homeopathic which would be labeled #2. Do not take at the exact same time as any other medication.

**DO NOT THROW AWAY REMAINING HOMEOPATHICS:** The Doctor may suggest that you take them again and if stored properly, they have a long shelf life. To store homeopathic medicines, keep them from direct sunlight, heat and electromagnetic fields (anything that requires electricity or batteries).

### WESTERN BOTANICAL HERBS AND CHINESE MEDICINES:

- Preferably taken on an empty stomach (you can eat right after), if they do not quite agree try taking them with meals. If there is still a reaction, then reduce the number of drops/pills in half.
- You may put the drops in water, grape or apple juice. **No citrus juices or unclear drinks.**
- Store them away from direct sunlight and heat. Take until your supply is **FINISHED**.

**PLEASE NOTE:** If you run out of your **WESTERN BOTANICAL** several weeks before your next appointment and you notice that you felt better while on the Western Botanical, you can get a refill.

Generally, a **100ml bottle @ 25 drops 3 times per day will last approximately 4 weeks.**

### VITAMINS AND SUPPLEMENTS:

- Preferably taken on an empty stomach, if necessary with food.
- **B-Vitamins** are best taken early in the day, **Calcium** is best taken in the evening.
- Store them away from direct sunlight or heat. **TAKE VITAMINS AND SUPPLEMENTS UNTIL YOUR NATUROPATH STATES OTHERWISE.**

*Remember, these are recommendations that enable the medicines to be more effective. If you cannot follow the above recommendations, then take your homeopathics and other supplements however you can.*