



A WELLSPRING OF NATURAL HEALTH, INC.
Person-Centered Health Care • Natural Medicine for the Whole Family

HOMEOPATHIC MEDICATIONS

Please follow these simple guidelines to get the maximum benefit from your medications.

Handling of the Medicine Properly

1. Don't store or use homeopathic medicines near any substances which have strong odors, such as camphorated oil, menthol, cough lozenges, peppermint, etc. These may actually antidote the medicine. Furthermore, avoid contact with strong aromatic odors and substances such as Tiger Balm, Ben-Gay, Vick's Vapo-rub, Noxema (and other products containing camphor), Blistex, and strong mint toothpaste. Do not expose yourself to other strong odors like fresh paint, Lysol, and eucalyptus (as in steam baths).
2. Never expose the medicine to direct sunlight. Keep the container in a dry place when not in use.
3. Don't handle the contents of the container.

Avoidance of Interfering Substances and Actions

1. Don't take homeopathic medication with meals unless necessary. Allow one-half hour before or after meals.
2. Don't drink coffee.
3. Don't use any drugs or medications other than those prescribed and recommended by your doctor. Occasional aspirin for the relief of pain is usually not a problem.
4. Don't take megadoses of vitamins or herbs for medical reasons, except as directed by the doctor.
5. Avoid any dental work which involves drilling. If drilling is necessary, notify your physician. Routine check-ups and cleanings are fine.
6. Do not sleep under an electric blanket.
7. Do not seek treatment of any kind without first consulting your doctor (except emergency treatment).

Pellets or Tablets

Carefully tap the required number of pellets or tablets into the upturned cap and then drop the dose under your tongue and allow to dissolve there. Do not touch the pellets. If too many pellets fall into the cap, do not attempt to put them back in the bottle. Doing so may risk contamination of the remaining pellets.

Drops

Squeeze the prescribed number of drops directly on your tongue without touching the dropper with your mouth. Drops may be diluted in water if desired.

If you have any questions about this or any other medication, ask your doctor.