

# Easy Guide: How to Take Homeopathic Remedies



**DYNAMIC HEALTH CENTER INC.**  
• **SIMPLE STEPS FOR GENTLE HEALING**

# Homeopathy for You



## A Gentle Path to Healing Body, Mind, and Spirit

Homeopathy is a natural and gentle way to help your body heal. The remedies are made from plants, minerals, and other natural sources. They are safe, have no side effects, and can be used by people of all ages. Homeopathy works well with your regular medical care.

## The Benefits of Homeopathy

- 🌸 **Helps You Heal** – Supports your body in recovering from illness and imbalance.
- 🌿 **Keeps You Healthy** – Boosts your immune system and lowers the chance of getting chronic (long-term) problems.
- 🌻 **For Ongoing Wellness** – Helps you feel your best and maintain good health.

## Your Homeopathic Journey

Every person is different, so your treatment plan is made just for you.

### How long does care take?

- **Acute Illness:** 2–10 weeks
- **Chronic Illness:** 12–52 weeks
- **Endocrine Disorders:** Lifelong care

### Check-in Visits:

- 💧 **Maintenance:** Every 4–6 weeks
- 📅 **Prevention:** Every 6–8 weeks
- 🌻 **Chronic Care:** Every 4–6 weeks
- 🌸 **Acute Care:** Every 2–8 weeks

Regular follow-ups help you get the best results.

**“The natural healing force within each of us is the greatest force in getting well.”**

— Hippocrates



## How to Take Your Remedies as Directed in Your Individual Program

Your plan is made just for your health needs. Your doctor has picked each remedy, dose, and schedule to help you heal.

### General tips:

- Follow the schedule your doctor gives you.
- Wait at least 3 hours between each dose, unless your plan says something different.
- Use only DHC Water to prepare and take remedies (unless your doctor says otherwise).
- Don't eat or drink (especially coffee, mint, or strong flavors) for 10–15 minutes before and after taking your remedy.
- Keep remedies away from heat, sunlight, and strong smells like perfume or oils.
- Don't skip or take extra doses—take them as scheduled for the best results.
- Write down how you feel and bring your notes to your follow-up visits.



## When to Take Your Remedies

Homeopathic remedies work best when taken at certain times of day:

- **WAKE-UP DOSE: RIGHT AFTER YOU WAKE UP**
- **MORNING DOSE: ABOUT AN HOUR AFTER WAKING, BEFORE LUNCH**
- **AFTERNOON DOSE: BETWEEN NOON AND SUNSET**
- **NIGHT DOSE: BETWEEN SUNSET AND TWO HOURS BEFORE BEDTIME**
- **BEDTIME DOSE: 5–10 MINUTES BEFORE GOING TO SLEEP**
- **B-L-D DOSE: BREAKFAST-LUNCH-DINNER TAKE REMEDIES WITH FOOD**

**Always keep at least 3 hours between doses, unless your doctor gives you different instructions.**

If you're sick and your doctor tells you to, you may take remedies more often (for example, every 30 minutes, 1 hour, or 3 hours) until you feel better.

Always follow your doctor's instructions for best results.



# Taking Remedies with Other Medicines or Supplements

If you also take other medicines, herbs, or vitamins, keep at least 1 hour between those and your homeopathic remedy.

**Example: If you take thyroid medicine, blood pressure pills, or vitamins, wait at least 1 hour before or after your homeopathic dose.**

This gives your body time to absorb everything properly. Always follow your own program and ask your doctor if you have questions.

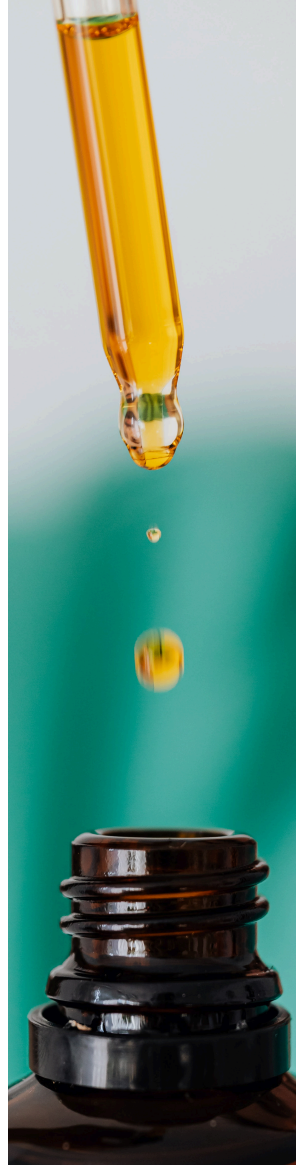
## How to Use Each Type of Remedy

**A) Elixirs (liquid drops):** Gently shake the bottle. Add the right number of drops to a cap (about 5 ml) or tablespoon of DHC Water. Let the liquid rest under your tongue, then swallow. Wait 1 minute between different remedies.

**B) Oils:** Shake gently for about 5 seconds. Add drops to food or put them directly under your tongue during a meal.

**C) Tablets or Globules:** Chew, let dissolve, and swallow. For kids, you can crush tablets and mix with a little water or juice, and let them drink through a straw or bottle.

**D) Creams and Ointments:** Put a small amount on the affected area with a cotton swab. Wait 5 minutes before using a different cream on the same spot.



### CONTACT US

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