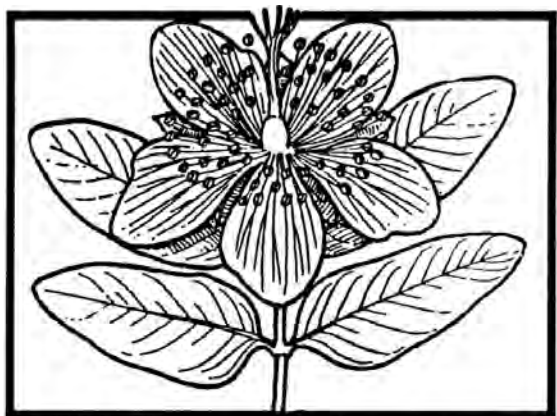




HYPERICUM CALYCNUM

Combinations

These remedies are especially prepared from several single remedies known for the problem indicated on the combinations label. Take them in accordance with directions stated. When they help but do not completely alleviate the symptoms, a change in the strength or a different remedy is usually indicated. If this is the case, consider consulting a homeopathic practitioner or serious self study.

Looking for a homeopath?

If you would like to consult a homeopathic practitioner, call the **National Center for Homeopathy** in Alexandria, Virginia, at 877-624-0613 or visit www.nationalcenterforhomeopathy.org. They have a list of practitioners currently practicing throughout the United States.

REMEMBER. . .

As with all medications, keep homeopathic remedies out of the reach of children. If nursing/pregnant, consult your licensed practitioner.

Washington Homeopathic Products, Inc.

Manufacturing Since 1873

We carry hundreds of single remedies, along with ointments, tinctures, combination remedies, etc.



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VERATRUM ALBUM

A GUIDE FOR TAKING HOMEOPATHIC REMEDIES

WHP
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Rumex Acetosella



Drosera Rotundiflora



Chamomilla



Verbascum Thapsus



Amygdalus Persica



Passiflora Incarnata

How to Take The Remedies

Pour the remedies into the cap; from the cap, place remedy under the tongue. Tablets will dissolve almost immediately—pills take longer. Avoid placing the remedy in your hands. Do not take the remedy with liquid although they can be dissolved in water for children if necessary. If you have just eaten, wait 20-30 minutes before taking the remedy. In an emergency, don't wait—take the indicated remedy.

What is a Dose?

The exact number of pills/tablets is not critical—the fewer the better (saves money). The size of the pills is also negligible because you are taking the “energy” of the medicine and not the actual “material substance” of that medicine.

How Often Do I Take The Remedy?

Following the directions from your practitioner or the directions on the bottle. As you start to see a measurable improvement, reduce the frequency of dosing or stop taking the remedy altogether. Repeat as needed. Rarely do you take homeopathic remedies every day for a long period of time. In an acute situation, you may see an improvement anywhere from immediately to 24 hours after taking the remedy. If after taking the remedy you experience an aggravation (an overstimulation of the healing process), stop the remedy. When the aggravation subsides, consider re-taking the remedy, especially if the condition has improved but no other improvement is forthcoming. If the aggravation is particularly unpleasant, consider “antidoting” (see ANTIDOTING), or a lower potency,

or an “antidoting remedy.” The most important aspect of homeopathic treatment is the selection of the correct remedy. No matter what strength the remedy is, if it is the right remedy, it will have an effect on the body. If taken properly, no side effects or harm should occur. Just remember, it is seldom necessary to take the remedy for a long period of time.

Avoid Contamination

If you spill the remedies, don't put them back in the bottle. To keep remedies effective for years—avoid heat above 120 degrees, moisture, and extended periods of sunlight. Best to store at room temperature in a drawer or box, not in the refrigerator.

Antidoting

The following could possibly antidote the remedy. Try to avoid them: coffee,

strong perfumes/colognes, mints, strong smelling liniments, e.g. tiger balm, vicks vapo rub, eucalyptus, camphor.

Strength & Potency

The strength of a remedy is the number of times a remedy has been diluted and shaken vigorously (succussed) or, in some cases, triturated. A 6 means it has been diluted and succussed 6 times; a 30, 30 times. The higher the number, the stronger the remedy. However, stronger is not always better—it could “over shoot” the problem. You might want to start low and work your way up. High strengths (200, 1M and higher) are rarely taken as often as low strengths.

X versus C—“Do you want an X or C?” This question often confuses the novice to homeopathy. An “X” potency is a remedy diluted 1 to 9: 1 part remedy to 9 parts alcohol. The “C” potency is 1 to 99, 1 part

remedy to 99 parts alcohol. Because the potencies are different, if you started a case using an X or C potency, stay with the X or C. If you can't get an X but can get a C in the same strength, do it if it's urgent. Both have been potentized the same number of times, thus the strengths are similar.

How Can Less Be More?

The actual “physics” of this is unknown. When a remedy is made it is diluted and succussed, thus there is less material substances; but, as a result of the succussion, the energy of the original material has been expanded and made stronger.

How Do the Remedies Work?

THIS IS HOW WE SEE IT: Homeopathic remedies stimulate the body's vital force into action. The “Law of Similars” states “like

cures like”: a remedy which in large doses causes problems will, in a small (homeopathic) dose, stimulate healing of similar problems. For example, a skin eruption that looks like that caused by poison ivy may, by taking homeopathic doses of poison ivy, cause the body to work harder to rid itself of the poison ivy-like condition.

Homeopathic Medicine & Animals

Animals respond very well to homeopathic treatment. Again, it is more important to select the right remedy than to worry about how many pills to give or what strength. Whether an elephant or a bird, the dose is the same. The weight (size) of the animal is not that important. The remedies may be given in their drinking water or dissolved in water and dispensed with an eye dropper—whichever is easier.