Vital Force
Homeopathy, Health, Healing

GUIDELINES FOR USE OF 30C & REPETITIONS OF DOSES

Management after taking 30C dose of homeopathic remedy

- **BETTER**
  - If all symptoms are better, no further repetition is necessary.
  - If all symptoms improve, but after some time improvement stops & same symptoms return in minor ailments at home, repeat the remedy – not more than once daily – for up to 3 days, or STOP when better.
- **NO CHANGE**
  - For mild symptoms, repeat the remedy one or two times each day up to two days.
    - IF IMPROVEMENT DOES NOT LAST → Try 200C of the same remedy.
    - IF NO CHANGE → Try another remedy.
    - IF CONVINCED REMEDY IS CORECT → Try a 200C. Wait two weeks to assess.
  - For strong symptoms, repeat one dose every two hours for three doses
    - IF BETTER → STOP. Repeat only as needed.
    - IF NO CHANGE → Try another remedy.
- **GENERALLY WORSE**
  - For milder symptoms, if suddenly worse, STOP repetitions; see if improvement follows.
    - IF NO IMPROVEMENT → …but symptoms continue to worsen. Try one more dose
  - For strong symptoms, wait one to two hours. If there is no relief, try another remedy
- **SKIN ERUPTION OR DISCHARGE**
  - If discharges appear (nasal, new diarrhea, etc.) or, skin suddenly erupts, STOP repetitions and wait a few days or a week to assess
    - IF NO IMPROVEMENT → DO NOT REPEAT the remedy if the skin is still erupted. Wait until rash subsides. If other symptoms improve, it was the right remedy; if not, try another remedy

VITAL FORCE CONSULTING, INC. ~ 108 E. Third Street ~ Northfield, MN 55057 507.645.4329 vfc@vitalforceconsulting.com
www.vitalforceconsulting.com