

How to use Homeopathic Remedies at Home

Teleconference September 19, 2011

Facilitator: Sujata Owens

Homeopathic Master Clinician



Vital force

Homeopathy, Health, Healing

Homeopathy

- Economic
- Effective
- Evolutionary
- Scientific
- Systematic
- Safe
- Legal
- Natural approach to whole health



Homeopathy: 2nd most widely used system of medicine

A 200 year old scientific health care system is accepted internationally and widely practiced in Central and South America, Europe, Asia, and Africa. It offers integrative, legal and gentle experience of deep healing for your mental, emotional and physical complaints.

The Promise of Homeopathy

1. Homeopathy promises:
 - achieving and maintaining vibrant health naturally, gently and rapidly.
 - Removing root cause of illness
 - Removing physical signs and symptoms of illness
 - Strengthening immune system
 - Preventing illness
 - Offering freedom from side effects of pharmaceutical drugs
 - Offering freedom from life long dependence on drugs

Legally, homeopathic remedies are classified as **FDA-approved** drugs.



Homeopathy excels in providing relief in chronic illnesses with a individualized remedy for each individual



Dilution method

Homeopathic remedies

When to use home remedies?

- In minor ailments like
 - First aid : Injuries, sprains, strains, burns, sunburns, open wounds, concussions and so on
 - In acute illness: colds, coughs, fevers, ear infections, headaches
 - Flus: Homeopathy is an amazing resource for rapid and gentle recovery from flus.
- Vaccine side effects: swelling at the site of vaccines and fever.

Homeopathic First Aid

- Arnica and Calendula
 - Arnica : Closed wounds, surgeries and delivery
 - Calendula: Open wounds
- Hypericum: Injuries to parts rich in nerves (eyes, finger nails)
- Ledum: Punctured wounds
- Rhus tox: sprains
- Ruta: cartilage and tendon issues



Use of Homeopathic remedies at home in Acute Illness

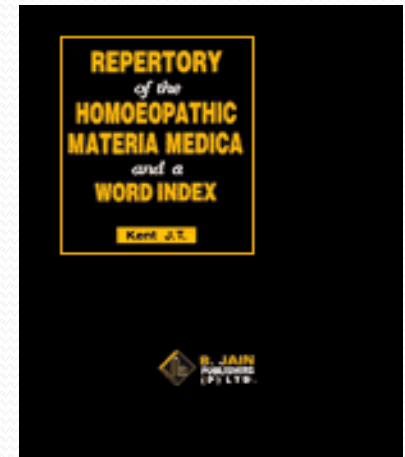
Give single homeopathic remedy at a time

- ▶ Avoid repeating too often
- ▶ Avoid changing remedy too quickly



Homeopathy in Acute illness

- ▶ Homeopathy is highly effective in acute illnesses
- ▶ Repertory – An unavoidable, user-friendly tool in homeopathy
- ▶ Homeopathic Medicines along with accessory management offers excellent and remarkable results
- ▶ Frequent change of remedy and unnecessary repetitions may spoil the acutes



How to choose the remedy?

- Scan the body and write down symptoms
- Refer to :
 - www.vitalforceconsulting.com and choose the condition you are suffering from the tab “Symptoms” or a book from the recommended list
- Match the description of the person’s symptoms to the list of possible remedies for that condition
- The remedy that most closely covers all of the symptoms is the best choice

Once you have the best match now what?

- Next step is to choose the potency of the remedy.
 - Rule of thumb: If exact match: start with 30C
 - If close match: 9C or 12C
 - Refer to the flow chart for instructions for repetition of the doses.



Remedy Dosage and Directions



- ❖ Dose = 2-4 pellets or 15-30 granules/liquid drops.
- ❖ The pellets and granules are to be put under the tongue and allowed to dissolve.
- ❖ Do not eat or drink anything for 30 minutes before or 30 minutes after taking the remedy.
- ❖ Do not take homeopathic remedy with water or any other liquid.
- ❖ Keep the remedy in dry place away from direct sunlight, microwave, computer, toaster or strong odors, but not in the refrigerator.

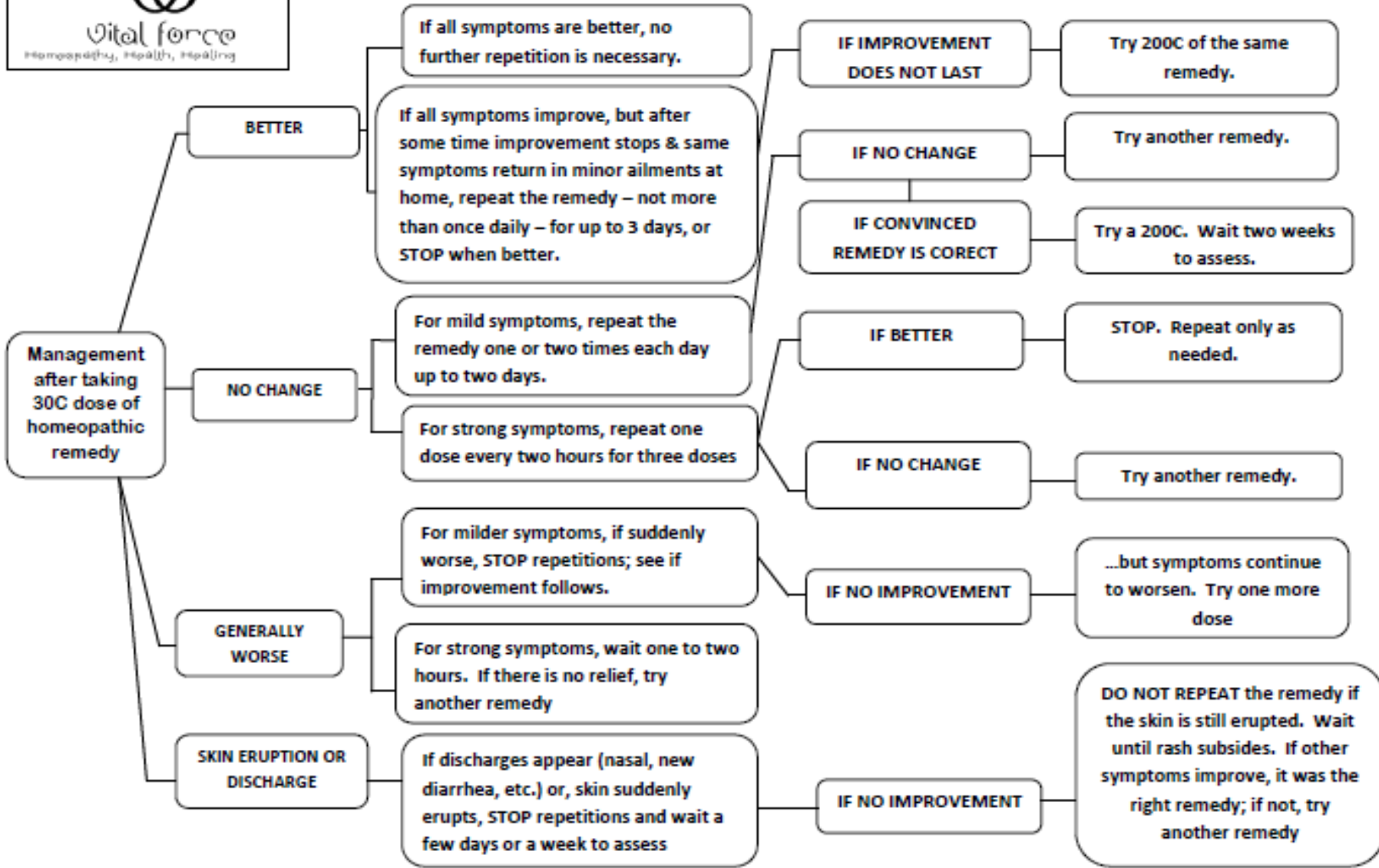
Protocol for Repeating Individualized Remedy

Recommended dose/s of well selected remedy: The remedy may be repeated every 2-3 hours apart based on symptom severity and may be continued for maximum of 5 doses to see if any relief can be noticed by the individual. When improvement is noticed, repeat the doses only when improvement starts going downhill. Discontinue the remedy after 5 doses if no relief is noticed.

Do not keep on taking remedy after 2-3 days without supervision from practitioner. The goal here is to match the intensity and pace of symptoms and give the stimulus from natural homeopathic remedy to bring upon restoration of health.



GUIDELINES FOR USE OF 30C & REPETITIONS OF DOSES



Keeping Healthy During Flu Season with Homeopathy

Influenzinum: Is used to treat an individual with flu symptoms.

- **If experiencing flu symptoms:** Use one dose of Influenzinum three or four times a day until symptoms subside. If no relief is experienced in a day or two, discontinue taking remedy doses and call your licensed physician and/or homeopathic practitioner.
- **After flu shot help:** Take one dose of Influenzinum and repeat one or two times if needed to relieve the flu-like symptoms.
- **Prevention:** One dose per month.



Oscillococcinum: Treatment of Flu symptoms.



Three large independent clinical studies verify the efficacy of oscillococcinum in relieving flu symptoms.

Dosage: Oscillococcinum is a remedy that is most effective if used **during the first 48 hours of the start of flu symptoms**. Even in the first 48 hours, the sooner you begin, the better its efficacy. Take a dose and repeat as per instructions on the packet.

We offer 3 levels of homeopathy at
Vital Force Consulting, Inc.

- ❖ Level 1: Remedies and products
- ❖ Level 2: Brief consultation
- ❖ Level 3: Constitutional and individualized remedy selection after comprehensive client history and session with regular follow ups



Vital force
Homeopathy, Health, Healing

Level 1 Homeopathy products

Chestal Adult Honey Cough (8.45 oz)	\$ 15.50
Chestal Adult Honey Cough (4.2 oz)	\$ 9.50
Coldcalm (60 Tablet)	\$ 13.50
Roxalia Sore Throat/Hoarseness (60 Tablet)	\$ 13.50
Sinusalia (60 Tablet)	\$ 13.50
Oscillococcinum Flu Remedy (3 dose)	\$ 8.50

Level 1 Continued

Oscillococcinum (12 dose)	\$ 25.00
Oscillococcinum (6 dose)	\$ 16.00
Calendula Gel (75g)	\$ 17.00
Calendula Cream (30g)	\$ 9.50
Arnica Cream (50g)	\$ 13.40
Arniflora (Arnica gel)	\$ 8.00
Toothpaste (Anise or Lemon)	\$ 6.75
Influenzinum Flu remedy - 10 dose	\$ 17.00
Traveller Kit (36 Remedies)	\$ 66.00
Basic Remedies Kit (36 Remedies)	\$ 66.00
First Aid Kit (18 Remedies)	\$ 50.00

Level 2: Individualized Remedy

This is another way to experience the amazing benefits of natural homeopathic help.

Brief consultation –An experienced Homeopathic practitioner will gather your symptoms and determine the remedy that closely matches your symptoms.

Recommended lists of books for use of homeopathy at home:

- Everybody's Guide to Homeopathic Medicines by Stephen Cummings, MD and Dana Ullman, MPH
- Homeopathy for Musculoskeletal healing by Asa Hershoff ND,DC
- Vaccine Free Prevention and Treatment of Infectious Contagious Disease with Homeopathy by Kate Birch
- The Science of Homeopathy: George Vithoulkas
- Boericke Repertory
- Kent Repertory

www.vitalforceconsulting.com

Homeopathy, Health, Healing



Sujata Owens
Homeopathic
Practitioner

Homeopathy

trusted, internationally accepted and
and most widely used system of medicine
offers gentle, cost effective and legal
alternative to better health. This natural and
holistic medicine removes root causes of
illness, strengthens the immune system and
restores health.



Vital Force Consulting, Inc.

108 E 3rd Street, Northfield

(507) 645-4329 • www.vitalforceconsulting.com

New clients: \$25 off of first consult with this ad.

Next Teleconference

- Monday, November 7: 6:30 to 7:15 pm central time (7:30 to 8:15 pm Eastern time)
- Topic: Homeopathic Home Prescribing Made Easy
- You can access this power point from our website: www.vitalforceconsulting.com in near future.
- Friend us on Facebook: vitalforceconsulting and follow us on Twitter, Four Square, Linked In.
- Thank you for your participation.