

Please take the remedy as indicated below or per instructions during your consultation:

Place the full contents of the vial or envelope under the tongue and allow the pellets to dissolve. Do not touch them by hand, but pour them directly into your mouth. Do not eat or drink for 30 minutes before and 30 minutes after taking each dose. Take one time only, do not repeat the remedy unless specified. This remedy will stay in your system for a long period of time and may act quickly or take 4-5 weeks for a response - the response is highly individual.

GUIDELINES FOR MOST EFFECTIVE RESULTS

Please do not eat, drink, smoke, or use toothpaste for 30 minutes before and 30 minutes after taking the remedy.

Don't use any products containing camphor, such as Vicks, Noxzema, Tiger Balm, Karmex, Blistex, Sea-Breeze, Ben-Gay, or anything else that smells like these products. They may antidote the action of the remedy.

For some people, it's possible that coffee (decaf or regular), dental work and long-distance air travel might interfere with the action of the remedy. If these pose a problem, please call and discuss. Homeopathic remedies can also be inactivated by exposure to bright light, temperatures above 120°F, moisture or strong odors so it is best to store remedies in a cool dry place away from bright sunlight (not the refrigerator).

Please observe any changes you feel from the remedy, especially the first week. These changes may be subtle, but they may provide valuable information. Note and record any changes as they appear on the physical and psychological level. If you notice an initial intensification of certain symptoms soon after the remedy, do not be alarmed as it can indicate that the remedy is beginning to take affect. If you feel nothing, do not be discouraged as some remedies take weeks for action to be noticeable. Changes can continue to occur over a long period of time after you have taken the remedy.

Homeopathic remedies provide a powerful energetic stimulus to the human organism on all levels and stimulate the innate natural processes of your body to heal itself. In some cases, it may take a few attempts to get the exact remedy that mirrors your uniquely individual symptom picture. If so, please be patient as our goal is the permanent restoration of complete health and freedom.

And always feel free to call or email with any questions or concerns.

Michalene Seiler, RSHom (NA), CCH
310-399-5737
m.seiler@verizon.net