

The Homeopathic Remedy Guide

LET THE SYMPTOMS GUIDE YOU

A simple guide to choosing remedies, understanding dosage and getting the best results.



1 Start with the symptoms

You can only treat what is present right now.

Choose the remedy that matches your current symptoms, including the exact location, sensation and the details that make them individual. Symptoms are clues to the right remedy. Homeopaths often prescribe more than one remedy, but usually not at the same time. We work through one set of symptoms before the next one becomes clear, choosing and changing remedies in a considered sequence. Taking a remedy before a symptom has appeared doesn't work because there is nothing for it to match to. If you continue to take a remedy after the symptom has gone, you simply muddy the picture. Taking more than one remedy at a time, or taking a specific substance such as a mold in potency because you believe you have a sensitivity to it, isn't necessarily the right approach. It may be more helpful to strengthen your constitution so you are less susceptible. Our bodies are full of bacteria, viruses, molds and other organisms, and it's about supporting the whole person.

Notice the details

- Exact location
- Sensations
- What it feels like
- Other symptoms
- What makes it better or worse
- When it started
- What was happening at the time

2 More is not more

Keep to one remedy at a time.

Taking lots of homeopathic remedies, which are a form of energy medicine, at the same time can confuse your body's energy, which we call the vital force. It becomes much harder to tell which remedy relates to any changes, and you can end up with a very confused picture. Combination products with two, three or more remedies can also make it difficult to see what really needs attention.

Choose one remedy at a time for a clearer response.

3 CLAMS – get clear on your symptoms

This helps you find the most appropriate remedy from a wide range of possibilities.

C Concomitants What other symptoms happen at the same time? e.g. headache with nausea	L Location Where exactly is it? e.g. left side, behind the eye	A Aetiology What brought it on? What was going on when it started? e.g. after getting wet, stress, shock	M Modalities What makes it better or worse? e.g. better for fresh air, worse at night	S Sensations What does it actually feel like? e.g. burning, stinging, throbbing, pressing
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★ Look for the strange, rare and peculiar symptoms. These unusual details are often the most valuable clues and can help you quickly narrow down the right remedy.

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Choose the right potency and dose

Use the smallest dose considered necessary, then observe.

Match the potency to your energy, your sensitivity and the severity of the symptoms. A good rule of thumb is to start with 30C, unless you are particularly sensitive. If you are sensitive, it is best to work with a homeopath.

If you start with a lower potency, you can always go up if needed. If you start high, you have less room to manoeuvre.



Key points

- Start with 30C (unless sensitive)
- Use the smallest dose necessary
- You can always go up
- Observe before repeating

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Observe and keep a good record

Give the remedy time to work.

Rather than repeating automatically, observe what happens. Write down the remedy, potency, date and time, and any changes in your symptoms. This helps you see what is working and avoids unnecessary repetition or changing remedies too often. Having someone keep notes and watch for changes can be enormously helpful, especially in longer or more complex cases.



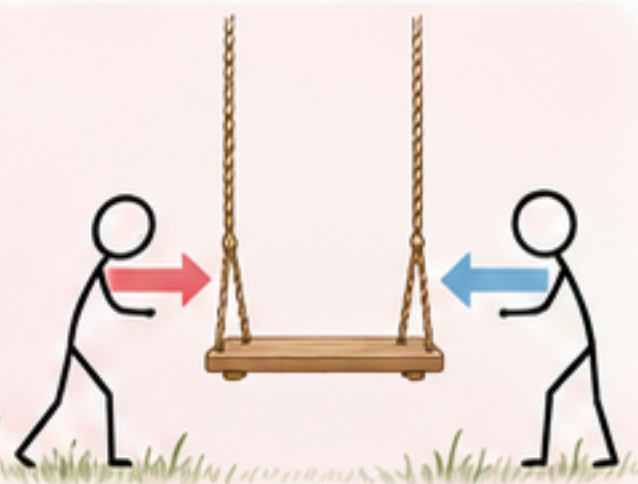
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Why one remedy at a time?

A simple way to picture it...

Imagine two people pushing a swing in different directions. Instead of a smooth, helpful movement, the swing ends up stopping in the middle.

Taking several remedies together is like this. Each remedy has an energetic action, and when they are taken at the same time, they can pull in different directions and confuse your body's energy, which we call the vital force. Homeopaths therefore prefer a clear, single remedy at a time approach.



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Homeopathy works in layers

One remedy at a time does not mean one remedy forever.

Many cases are layered. You may first need to remove the top layers of symptoms before the next layer becomes clear. Homeopaths work with you over time, choosing and changing remedies in a considered sequence to give the best results.

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When to ask for help

It can be hard to see yourself clearly.

Chronic or complex cases are often difficult to treat on your own because we can't always see our own symptoms and patterns objectively. Even homeopaths see homeopaths! Having an experienced homeopath take the whole picture into account – your physical, emotional and mental symptoms, your history and your lifestyle – can make a real difference.



KEEP IT PRECISE.
KEEP IT RELEVANT.
KEEP TO WHAT IS WORKING.

