

Chronic / Acute

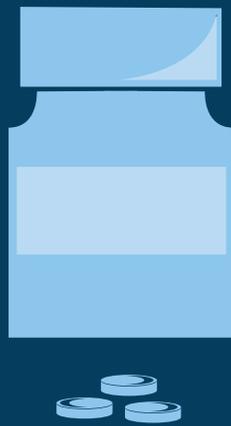


Determine if the condition is acute or chronic. If chronic, seek care from a professional homeopath. If truly acute, you can try to treat at home.

STEP 1



6c, 12c, 30c



Homeopathic remedies come in various strengths (or potencies): the 6c, 12c, and 30c strengths are gentle and perfect for home use. Start with the lowest potency you have, and move up if it stops working.

STEP 2



Search



Chronic conditions may require a higher potency, but must be treated by a professional practitioner. Use the NCH practitioner directory to find a professional homeopath near you.

STEP 3

Goal



The goal is to find the lowest dose that works. So start with the lowest potency and move up only if it stops working.



STEP 4

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HOW TO CHOOSE A REMEDY'S POTENCY



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