Target	Most suitable potency	Example
Mental and emotional entities	Highest potencies	Dilutions like cm
Hypothalamus and hypothalamo-hypophyseal axis	Very high potencies	Dilutions like 50m
Master galnds and CNS	Upper higher potencies	Dilutions like 10m
Secretory glands like endo/ exocrine glands and Peripheral nervous system	Higher potencies	Dilutions like 1M
Catalysts, like enzymes and hormones	Medium Higher potencies	Dilutions like 200c
Living tissues as a whole	Medium potencies	Dilutions like 30c or triturations like 30x, 200x
Biochemical reactions in the body	Lower potencies	Dilutions below 30c potency like 12c or triturations like 6x, 12x, 30x
Chemical composition of the body	Lowest possible potencies	Mother tinctures and lowest triturations like 1x,2x, 3x

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