

Beth Knudtsen-Spears
Classical Homeopathy
807 N Main Cambridge, MN 55008
763-552-4325
bethks@spearsnaturalhealth.com

How To Take Homeopathic Remedies

Do not touch pills with your hands. Use a spoon, to transfer the remedies from the package to your mouth or a cup.
(There is no protective coating over the pills, and moisture will dissolve the remedy.)

Prepare the remedy and take the dosage indicated on the container the remedies are in.

If you are sensitive to smells, stay away from strong smells for an hour after taking the remedy.

Store remedies at room temperature. High heat (like a **HOT** car on a summer day with the doors closed and no air on) may inactivate the remedy. Save the extra pellets in the envelope. I generally give you more remedy than you need for your current health concern.

Most remedies are not antidoted by coffee or camphor. If you have questions about this please call me.