

Homeopathic Care

Homeopathic remedies work best when unhindered by strong substances such as coffee, cannabis and essential oils, including strong minty toothpaste and muscle rub. It is still possible to work with homeopathy while using these substances, by taking remedies before bed, and allowing them to work through the night uninterrupted. If you're willing to pause on using these other medicaments, the homeopathy will likely be more effective. Do take the remedies at least 30 minutes before or after food and beverages other than water.

Please don't wear perfume or strong oils to your in-person appointment, and leave the coffee cup behind as well. Opening remedies in a room with an odor present can compromise them. Don't store your remedies near a computer or other source of EMF, or with your oils. This can make it seem like remedies are quite fragile, and while there is a delicacy to the vibrational nature of them, they can also be very potent in their effect.

Occasionally one may 'prove' a remedy, exhibiting new, strange symptoms. If this happens, stop taking it and apply one of the strong substances listed above to interrupt the proving. This is to be differentiated from an 'aggravation' which looks like old or suppressed symptoms surfacing as the body throws off what has been preventing greater vitality. This could look like a return of symptoms from the past (even from childhood!), a rash, a fever, a bad mood, or a discharge of fluid or mucus. A discharge or aggravation shouldn't last more than a few days, let it happen! You can stop taking the remedy, but avoid using any suppressive medicaments such as antibiotics, anti-fungals, Mucinex, Ibuprofen, or even salve on a rash, if you can help it.

In general, take the remedy until improvement is obvious and sustained. If you fall asleep and wake up feeling refreshed, that's a good sign of the remedy working. Track your changes, what do you notice? Some folks like to keep a journal. If it's a good match you will feel aligned with life and your symptoms will resolve over time. It can be useful to allow each remedy time to complete its work even after you've stopped taking it. If you stop taking the remedy and the symptoms return, start taking it again, and perhaps we will move up in potency at your next consultation. Typically, low potencies are taken more frequently over longer periods of time, and higher potencies are taken in fewer doses with more time in between to let them work.

Sometimes a remedy will resolve one symptom set, only to experience another set of symptoms! This is the vital force asking to be met by another remedy to support additional layers of clearing. It's time for the next consultation.

Occasionally an indicated remedy doesn't work because of some limiting factor that can be addressed by another remedy. If you've taken a substantial number of doses and there is no change it's likely a different remedy is needed. Rarely, external limiting factors may prevent remedies from working. If you're not experiencing improvement, let's talk about it!

Consultations are conversations about your life path, thoughts, emotions, tendencies, physical symptoms and family history. Remedies are best matched with a picture of a whole being and specific symptoms. As you prepare for each consultation please take note of what makes you feel better and worse, recall any event that led to a decline, and track your symptoms.

The more of your story I know, the more precise the support I offer can be. I may not know the best remedy during the session, sometimes I need to do some research. Cases can unfold in layers, revealing remedies over a series of consultations. This is why I start with a three session package, to deepen with your story and system over time, in order to offer the depth of support available with homeopathic care.