

How & When to Repeat the Remedy

Once you have chosen the best-indicated remedy, there are a few guidelines to follow in terms of repetition of the dose.

The first thing to get used to is the fact that **there is no such thing as a 'standard' dose in homeopathy** - we individualise the treatment to suit the case as best we can. Some people are more responsive to treatment than others, and the only way we can determine this is to begin the treatment and then adjust the dosage according to the response we get.

It's important to realise is that the indicated remedy acts as a catalyst for the self-healing capacity within the person. Therefore, **we aim to give just enough of the remedy to activate a healing response, and then as little as possible** so that the inbuilt self-healing system can take over and complete the curative process by itself.

In everyday first aid situations & minor ailments -

Give a single dose of the chosen remedy and see if there is any improvement in the symptoms. If there is - wait until the improvement starts to wear off and then repeat the dose. Continue to repeat in this way until it is no longer needed. In some cases you will need to give just one or a few doses, whereas in other cases the person will need to take the remedy several times a day for a longer period before the symptoms fully resolve.

In cases with intense pain or high fever - the interval between doses might be only 10 or 15 minutes. A good strategy here is to dissolve a few pilules of the chosen remedy in a glass or small bottle of water & let the person take frequent sips, stirring or shaking the water vigorously between each dose.

In less severe, longer-standing or slow-moving conditions, the interval between doses is more likely to be a number of hours, days or even weeks.

If there is no improvement after the first dose within a few hours (or less time if symptoms are very intense) - repeat the dose every 1-2 hours for up to 6 doses. By this time, you should start to see improvement if the remedy is correct. Once symptoms start to improve, continue to repeat

the remedy but gradually increasing the interval between doses. Stop the remedy completely when the person is better.

If there is no improvement even after repeating the dose several times - stop the remedy and retake the case. The likelihood is there is a better indicated remedy than the one you gave.

If the remedy you give improves some of the symptoms but other symptoms remain the same or get worse - retake the case and find a remedy that especially covers the remaining symptoms. (Many remedies have a 'complementary' relationship to each other, which means they help to complete the curative process that has already begun).