

Some people are helped by a single application of the needed cream. Other people may need to apply the creams frequently.

How to Use the Creams

How often to apply

01

WATCH HOW YOU RESPOND

Here is a good guide on how to use the creams: if the affected part feels much better or significantly worse after an application of the cream, that is a sign that you need to pause from it and wait. If the part felt better do not reapply until the symptoms that were relieved start bothering you again, or you feel there has been a relapse.

If the part felt significantly worse after an application of the cream it means that the cream has found the symptom and it is working on it. With homeopathic remedies and creams, there is often an intensification of the symptoms (or aggravation) where the remedy finds the symptom and tries to push it on through.

Directions for use. Apply locally. Rub in well. Discontinue use if skin irritation results.

02

AFTER AN AGGRAVATION

After an aggravation of symptoms, an amelioration, or gradual improvement of symptoms should follow. You do not need to reapply the cream until the process has gone full circle, that is, the aggravation has been followed by an amelioration, and then a return of symptoms, indicating that it is time to redose or reapply the cream.

03

WHEN TO APPLY AGAIN

If there is no strong aggravation or amelioration, you can keep applying the cream one to four times a day until one appears, which tells you it is time to stop. If there is no response at all, the cream may not suit the case, and it is best to consult a homeopath. **

“You would only reapply if the symptoms returned after a period of improvement.”

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WHICH CREAM?

Traditionally used for:

- Arnica Montana: bruises, sprains, falls, sore muscles
- Calendula Officinalis Cream and Butter: wound healing, cuts and scrapes
- Hypericum Perforatum: injuries to areas rich in nerves
- Hypericum Calendula: very painful wounds
- Ledum Palustre: insect bites and puncture wounds

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- Ruta Graveolens: injuries to ligaments and tendons
- Urtica Urens: first degree burns **

"This little powerful pack of creams with instruction booklet is a must have! I take it camping, hiking, biking and many other adventures." Shandel

05

WHAT MAKES OUR CREAMS DIFFERENT

- All but one of our creams have one active ingredient. We don't put everything but the kitchen sink in them.
- Amber glass jars, to limit your contact with petrochemicals.
- Handmade with love in the United States, by a maker who is paid fairly.
- Organic tinctures from reputable homeopathic pharmacies and herb suppliers.
- They feel wonderful, do not stain clothes, and wash off easily.
- No perfumes.
- I am here to answer your questions and help you choose the right cream.

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IF THE CREAM DOESN'T HELP

There are often other remedies that fit, depending on your symptoms. For an ankle sprain, for example, Ledum, Arnica and Rhus tox are all listed highly besides Ruta. A homeopath can help you find the one that fits.

07

CAN I USE THE CREAMS ON MY PET?

A dog with a small cut on the paw: apply Calendula cream once or twice a day until it heals. The paw is rich in nerves, so if Calendula is not helping, try Hypericum cream.

If the paw is not better after a week or so, consider Hypericum or Calendula in a 12C or 30C strength. In my experience dogs often respond very well to the 12C. See your vet for anything serious.

"My skin is so sensitive that every topical pain or itch cream hurts me. Finally, this is something I can ALWAYS use." Susan Gerken

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DO THE CREAMS CONTAIN SULFUR?

None of our creams have sulfur in them.

Wishing you health and happiness,

Deborah Olenev **CCH RSHom (NA)**

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There are as many opinions on the subject of how to take homeopathic remedies as there are homeopaths.

How to take Homeopathic Remedies

by Deborah Olenev CCH RSHom (NA)

01

HAHNEMANN AND THE MINIMUM DOSE

Understanding homeopathic posology is not easy, and it really takes years of practice to get a feeling for it. The goal of Samuel Hahnemann, the founder of homeopathy, was to prescribe in a way that would be as gentle as possible, while keeping the healing moving forward.

In fact, his advocacy of the minimum dose, which is one of the cornerstones of homeopathy, was to try to find a way to eliminate the toxic side effects that people would experience from crude doses of substances, hence his use of highly diluted remedies.

He tended to work with lower potencies throughout his life, like 6Cs and LM potencies. Only toward the end of his life did he begin to use 30C potencies, and I believe he only used the 200C a few times.

The American homeopaths, such as James Tyler Kent, tended to use much higher potencies, because they wanted quick and dramatic results, and were not as concerned about gentleness as Hahnemann was.

I was very influenced by Kent in the early years of my practice, but now I am leaning more toward the gentleness that Hahnemann advocated. Please read below to understand how I try to achieve that gentleness.

02

HOW SOON TO REPEAT THE REMEDY

Never follow the dosage instructions on the bottles of homeopathic remedies that you buy in the health food store. The FDA requires this information to be printed on the bottles, but it is overdosing for homeopathic remedies.

For constitutional treatment a single dose of a homeopathic remedy can hold many months without needing to be repeated. I would only repeat a remedy if the symptoms that had improved after taking the remedy begin to relapse.

After taking a remedy there is usually an initial reaction period that can last several weeks or months, depending upon how deeply rooted a symptom is. I allow this initial reaction period to unfold without any interference. At six to seven weeks after taking the remedy, I evaluate the response and make a baseline chart of the patient's symptoms.

I would then only repeat the remedy if the symptoms that had improved on the baseline chart begin to relapse, as that is an indication that the remedy has gone full circle and has run its course, and it is now safe and advantageous to repeat.

I stress the above point because many people treat the fluctuations in the initial reaction period as indications that it is necessary to repeat the remedy. This is not accurate and slows down or interferes with the healing process.

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For acute ailments after administering the remedy, I observe the patient for 48 hours. In most cases there should be noticeable improvement within 24 hours. In other cases it can take longer.

I do not repeat the remedy frequently during acutes, as many homeopaths do, because I have found that if the remedy is working and the person is feeling better, repeating the remedy can aggravate the situation unnecessarily. I find it very rare that a repetition of a remedy is needed during an acute illness. I would only repeat if the symptoms that had gotten better were definitely moving backward for quite a while.

03

DO NOT INTERFERE DURING TRANSITIONS

When a remedy is taken, the remedy will cycle through the patient's repertoire of symptoms as it looks for what it needs to work on. It will find the most recently experienced symptoms first, and it will work on older symptoms later on.

Generally, you will know that the remedy has located a symptom and is working on it, because you may experience a brief intensification in that symptom. That is a sign that the symptom is being worked on and that it will be better soon.

Many people misinterpret this and regard the aggravation that occurs in the first few days or weeks after taking the remedy as a sign that the remedy is not working, and then change the remedy, or repeat it too soon. This is a very common mistake.

When changes are taking place, whether you interpret them as good or bad, the rule is not to interfere, but watch and wait to see how things settle. Do not interfere during transitions.

04

EVALUATING & ADJUSTING

The sensitivity level of the patient determines the need to adjust the remedy accordingly

Following the advice of Samuel Hahnemann in the Organon of Medicine, I always administer the remedy diluted in water. When given in water reactions are more gentle and aggravations are minimized.

The potency of the remedy used, the quantity of pellets used, the amount of water used to dilute the remedy in, the quantity of the liquid dilution that the patient drinks are all factors that the homeopath can adjust based on his or her intuition about the strength of the vital force of the patient, or the sensitivity level of the patient.

The goal is to keep aggravations or reactions to a minimum while moving the healing forward in as gentle a manner as possible.

For a highly sensitive person, I would use a low potency remedy, choosing between a 6C, 12C or 30C potency or LM potency. I would use only one pellet, diluted in two, four or more ounces of water and give one teaspoon or more of the liquid to start with, as the patient gets accustomed to the remedy, and then reassess the quantity used when a repetition is needed.

For very strong people I would use a 30C potency, or possibly a 200C. I tend not to go to higher potencies unless the person has worked up to it over time. In this case I may dissolve 2 to 3 pellets of a 30C or 8 pellets of a 200C (as the 200C pellets tend to be much smaller than the 30C pellets from certain pharmacies) in 4 ounces of water, and have the patient drink anywhere from a teaspoon to the entire amount, depending upon what I perceive to be their sensitivity.

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I have found that the quantity of the remedy taken can affect the duration of action of the remedy, but not always. For some people one teaspoon of the remedy can hold longer than a year, and for other people three to four ounces only holds a few months. In general, however, I have found that the quantity of the remedy consumed can affect duration of action of the remedy, and how soon a relapse occurs.

05

REPEATING THE REMEDY

According to Samuel Hahnemann one should never repeat a homeopathic remedy in exactly the same form. He recommended altering the dose slightly when it is repeated. I accomplish this in several ways:

I vary the quantity of water used, so if I used 4 oz. of water to dilute the remedy for the first dose taken, I will use 6 oz. of water for the second dose, and 8 oz. for the third dose, 10 oz. for the fourth dose, and then I start over again at 4 oz.

I always succuss for the second and subsequent doses. I do not succuss for the first dose, unless I am using LM potencies. The way I succuss is that I dissolve the remedy in a glass jar or plastic bottle that seals tightly, and then I bang the jar against a book. Then I ask the patient to drink the amount that I feel would be appropriate for them, with the intention of keeping aggravations to a minimum. I ask them to swish the liquid in their mouth for 15 to 20 seconds before swallowing each spoon. I also recommend taking the remedy by olfaction, which would be to breathe over the solution for a minute.

In the past I used to use dry doses. What I found was that dry doses do tend to hold quite a bit longer than doses dissolved in water, but they can cause unnecessarily strong aggravations.

When I switched to dosing in water, I have found that the remedies work much more gently, even if they need to be repeated sooner than they would with a dry dose.

There are some patients who are very afraid of taking homeopathic remedies. One way I have found to help them get comfortable with the remedy and overcome the fear is to put the entire vial or a few pellets of the remedy in an envelope under their pillow for an hour or so, or even the whole night. In this manner, they enter the energetic field of the remedy without needing to ingest it. Once they feel the benefit of this, they are more likely to accept taking the remedy orally.

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SAMPLE PRESCRIPTION: FIRST DOSE

Here is a sample of a first prescription of a typical 30C strength remedy in a person with average sensitivity:

1) Please dissolve 2 to 3 pellets of (Name of the remedy) in 4 oz. of water in a small cup. You can use a disposable cup if you wish.

2) Once the remedy has thoroughly dissolved in the water, please stir it well. It may take 15 minutes for the pellets to thoroughly dissolve.

3) Please drink the amount your homeopath recommends of the liquid. Hold the liquid in your mouth for 15 or 20 seconds before swallowing each sip. You may drink regular water after that if you would like. Please do not eat an hour before or after taking the remedy.

4) In addition to taking the remedy orally, you can also take the dose by olfaction, which would be to breathe over the cup for one minute.

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5) Please discard the remainder of the liquid on the ground outside, and clean or dispose of the cup carefully, so as not to expose anyone else in the household to the medicine.

"When given in water reactions are more gentle and aggravations are minimized."

07

EXPLANATION OF ACTION

The remedy will begin to cycle through your repertoire of symptoms while it looks for what it needs to work on. When it does so the symptoms may intensify for a while before they get better. That intensification is a good thing, as it shows you that the remedy has located what it needs to work on and is addressing the symptoms.

The cycling process can take weeks or months depending upon how deeply rooted the symptoms are. It is normal for symptoms from the past to show up during the cycling process, but they should resolve on their own in a short time.

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SAMPLE PRESCRIPTION: THE SECOND DOSE

Here is a sample of a second prescription of a typical 30C strength remedy in a person with average sensitivity.

1) Please dissolve 2 to 3 pellets of (Name of your remedy) in 6 oz. of water in a glass jar or a small disposable water bottle container.

2) Please give the bottle 10 firm succussions. You do this by hitting the bottle or jar against a book.

3) Please drink 3, 4 or 5 oz. of the liquid. You should hold the liquid in your mouth for 15 or 20 seconds before swallowing each spoon. Please do not eat an hour before or after taking the remedy.

4) In addition to taking the remedy orally, you can also take the dose by olfaction, which would be to breathe over the bottle for 1 minute.

5) Discard the remainder of the liquid on the ground outside, and clean or dispose of the bottle carefully, so as not to expose anyone else in the household to the medicine.

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THE INITIAL REACTION PERIOD

You may experience a time in the first weeks after taking the remedy when your symptoms might be up and down. This is the remedy cycling through your repertoire of symptoms and looking for what it needs to work on. Each time you take a remedy the cycling process gets easier, but I wanted to make you aware that this is a normal process after taking a remedy. Please do not hesitate to contact me if you have any questions about the initial reaction period.

I am sharing this information about homeopathic posology and how I dose with you, because there is a lot of confusion about this amongst homeopaths and the public. I have had many years of experience with homeopathy and I would love people to have positive, safe and gentle experiences with it. This is the way I have found to accomplish this goal.

In love and healing,

Deborah Olenev **CCH RSHom (NA)**

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