

Puls (liq)

SIMPLE INSTRUCTIONS FOR TAKING YOUR HOMEOPATHIC REMEDY

1. Succuss the bottle each time before taking a dose: that is, hit the bottle against the palm of your hand or a leather-bound book. This will increase the potency of the dose slightly each time so that it gradually works faster, deeper, and with a gentler effect. The number of times you succuss the bottle (typically from 2 to 8 times) will be written down for you. You may find that you need to adjust the number of succussions. (See adjusting the dose on the next page) **SUCCUSS 2X**

2. Take recommended drops or teaspoon (as instructed) from the bottle and put in a dispensing cup of water (Dosage cup). Ideally the water should be distilled or filtered but tap water is acceptable if that is all you have. Stir vigorously with a spoon. Use the given plastic dispensing cup or your own plastic cup and spoon, and only use for this remedy, not for food or for other remedies. Label the cup for this remedy. **2 drops in 10 ml**

3. Take ~~one teaspoon from the~~ Dosage cup as your daily dose or as instructed. Never drink directly from the bottle as this will disturb the gentle and increasingly deep-acting progression of potencies. It could cause an aggravation (temporary intensification) of your symptoms.

4. ~~Discard the rest of the water in the cup. Never drink the whole cup.~~ (Hint: it's great for your plants) Do not save it overnight. You need to make a new cup the next day after succussing the remedy bottle again. Otherwise, you will not be following the methodical and systematic progression of potencies which is part of the healing system, you may interfere with the progress of your treatment.

Special precautions:

- After taking your first dose, wait and don't take the remedy the next day. Observe.
- Try to keep it out of direct sunlight and away from heat (e.g. in the glove compartment of your car on a hot day). Avoid having it x-rayed when travelling.
- Do not eat anything for 15 minutes before or after taking your remedy.
- Caffeinated coffee may alter the effects of the remedy. Drinking more than one cup a day may antidote the remedy. If one cup is drunk, take the remedy at least one hour later. (Tea is acceptable, as are other caffeine-containing foods like cola and chocolate).
- If you have symptoms related to your menstrual cycle, don't start remedy while having PMS or during your menstrual cycle, as your symptoms may aggravate.

Symptoms which you may think are caused by the remedy.

If you experience a new symptom (whether mental, emotional or physical) and you think the remedy may be causing it, please ask yourself these questions:

- Is there anything in my life which could have caused this reaction? Did I just eat an unfamiliar food or hear some bad news? Was I involved in an argument? If so, it was not the remedy.

- Have I ever experienced these symptoms before, at any time in my life? If so, it's a good sign, a sign that the remedy is bringing forward old symptoms to be fully healed. Usually people only experience "a shadow of their former symptoms" not a real illness and nothing to worry about. Keep going with the remedy unless the symptoms become uncomfortable, in which case stop for 2 days and adjust the dose (see below).
- If you have never experienced the symptoms, and you can't explain it any other way, it may be caused by the remedy. Stop the remedy, call the clinic, and if you get the answering machine leave a detailed description of the symptoms (or via email). Wait for further instructions.

Adjusting the Dose

If your existing symptoms get worse (this is called an "aggravation"), stop taking the remedy for at least 2 days or longer until they stop. Then start taking the remedy again but succuss at two less times. For example, if you were succussing 8 times, start again at 6 times.

If you once again get an aggravation, stop again as above, and start again at 2 less succussions, until you are down to 2 succussions. You can't do 0 succussions (not effective), so to adjust the remedy downwards, follow these instructions for "making a second cup".

Put ½ of the recommended dose from your bottle (say instead of 15 drops now place 7 drops) into the dispensing cup. Then take 7 drops (1/2 of the original amount) into another dispensing cup of pure water. Stir as usual and take ½ teaspoon from this second cup. Discard the remainder of both cups. If this is still too strong; you may need to 1/4 or even 1/8 of the dose at each step.

Answers to commonly asked questions

Does it matter if I succuss the remedy, then get interrupted and don't take it right away?

No, the power of the succussions is still in there.

Does it succuss the remedy if I take it travelling with me and it gets jounced around?

No, the succussion must be hard and directly to the bottle.

Should I stop taking my prescription medications? No, you should continue to take it until you have an opportunity to consult the physician who prescribed it, who is the only person who can be responsible for your discontinuing it. Some medications are dangerous if discontinued suddenly.

What time of day should I take it? Generally, in the evening, except for these remedies which should be taken in the morning so that they don't keep you awake at night. Ignatia, Phosphorus, Arsenicum, Sepia and Nat. Mur. The most important thing is to take it consistently at the same time of the day.

Can I use the same cup? Yes, if you are taking the same remedy. It doesn't matter what potency. But when you start a new remedy, you need a new cup. Washing it is not enough to take out the traces of the former remedy, which may interfere with your new one.

What if I spill it? Call the clinic for a replacement. You'll have to make it "catch up" to the old bottle by removing as many teaspoons and succussing it as many times as the first bottle.