

**Homeopathy for Women**  
**www.HomeopathyForWomen.org**  
*Empowering Women in the Homeopathic Lifestyle*  
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**How to Make a Homeopathic Remedy for the Water Dosing Method**  
*Please Print Out and Save These Instructions for Future Reference*

**Items Needed:**

- Correct remedy in the potency recommended
- Filtered water in a bottle
- Plastic spoon
- Rubber band to hold spoon on bottle
- Label for patient and remedy on bottle

**Procedure:**

- Always use **2 pills** in bottle
- Do not touch the pills
- Do not drop them anywhere and reuse them or put back in remedy vial
- **30C** is made using a **4 oz.** water bottle - any exceptions will be advised
- **200C** is made using **8 oz.** water bottle - any exceptions will be advised
- **Dissolve remedy pills complete and mix to blend (don't shake or succuss) before dosing**

**Instructions For Dosing A Remedy:**

- Give **1 teaspoon** as the standard dose.
- Hold in mouth **3 seconds** before swallowing. (Have kids nod their head or count to 3 while they hold the remedy in their mouths.)
- Have a **clean mouth from food or drink or teeth brushing before dosing** - including water - at least 15 minutes before and after.
- Unless instructed otherwise, **wait 1 hour before redosing** to be sure the remedy is not aggravating the symptoms when you start any new ACUTE remedy.
- **Standard succussions AFTER THE FIRST TEST DOSE are 4 succussions prior to each dose.**
- Succussions are done **to the remedy bottle before each subsequent dose**, after the 1st test dose which is taken with no succussions. A succussion is a **very hard WHACK**, like a judge hitting a gavel, on the palm of your hand or leather bound book.
- Follow instructions for any **variations on making a remedy** from what is stated the above.
- Follow instructions for any **variations on the amount of dosing** per the above.
- **Your redosing schedule which is individualized, per acute, per client.**
- **TRACK ALL DOSES!** Please download and use the remedy dosing chart found at [http://www.homeopathyforwomen.org/FORMS/remedy\\_dosing\\_chart.pdf](http://www.homeopathyforwomen.org/FORMS/remedy_dosing_chart.pdf). You will be request to fax a copy at the end of your acute care.
- **Keep acutes for the current month and when the acute is over, and the month is over, toss the bottle, spoon, etc.**

**Remedy Storage and Organization Tips:**

If you don't own a remedy kit then inexpensive, small plastic colored pencil boxes are a great place to store your remedies so they are all together. This box is great for travel too.

***Keep everything out of reach of children!***