

## Caroline Gaskin MCPH – FAQ's

### How to take homeopathic remedies

Try not to handle homeopathic remedies. Remedies should always be taken in a clean mouth and allowed to dissolve for a few seconds before crunching and swallowing. Remedies do not need to be taken with food or water. In fact it is best to avoid food or drink for 10 minutes before and after remedies. Remedies should be stored away from direct light, strong smells and moisture.

### What to look for

Observe any changes you experience after taking the remedy, in some cases a feeling of well being can come very soon after taking a remedy, observe the process and jot down anything that you feel might be significant or worth discussing when we next meet, remember healing is a process not an event!

### What do remedies contain?

Remedies contain very small amounts of minerals, metals, plants & even poisons, usually held in a lactose, sucrose or water & alcohol base. Remedies can be made without lactose or alcohol if required.

### Is homeopathy safe?

Homeopathy is very safe, even when compared to most medicines you could buy over the counter.

### How do remedies act?

If the remedy suits you, it can stimulate your body's own healing process. Remedies can kick start your body into action, how it works is much-debated, but the effect has been observed for over 250 years.

### Do they have any side effects?

The right remedy works by stimulating your body to heal itself, it cannot tell your body how to go about this, but depending on the strength or weakness of certain organs - chiefly liver & kidneys, you may experience a few unusual sensations, which are likely to be your body shifting old toxins or held in emotions.

### Should I stop taking other prescribed medications?

*You should never suddenly stop taking any prescribed medication.* You must let me know about any prescribed medication you are taking. As your body returns to health it is likely that you will be able to lessen your dependence on conventional medication but withdrawal from certain medications must be supported by both homeopathic remedies and with the support of your GP.

### How long does homeopathy take to work?

It's hard to say, but a rule of thumb is to ask yourself how long you have been suffering from your main complaint and accept that it may take as many prescriptions to see genuine change, ie. if your menstrual cycle has been upset for three years, you can expect to see some positive change within 3 monthly prescriptions, if no change is seen within this time I may recommend some additional herbal & nutritional support.

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