



REMEDY GUIDELINES

Store all remedies away from direct sunlight and out of the reach of children. Probiotic supplements and Flaxseed oil should be stored in the fridge.

Herbal Mixtures - Liquid herbs enable a formulation to be designed specifically for you. Unfortunately, they are quite bitter. If you find the taste difficult to tolerate, try diluting it in some fruit juice or cordial (instead of water), or eating afterwards. Remember to shake the bottle well before each use. Herbs should be taken before food unless otherwise specified. There is a small amount of alcohol in the mixture (needed to extract the ingredients and preserve them), and there may be situations where you are advised to minimise this eg children, pregnancy, liver disease. This can be easily done by using hot water to dilute the dose of herbs and then allowing it to cool back to room temperature.

Supplements - These are best taken with food to assist in their absorption. Zinc tablets or liquid however are generally taken on an empty stomach (unless nausea is experienced). Take powders diluted in a large glass of water or juice. Do not take supplements with tea, coffee, cola or alcohol as these inhibit their absorption and also hasten excretion - leave at least one hour either side. If you experience difficulties swallowing large tablets they can be broken in half or crushed, and capsules pierced and their contents squeezed into water.

Supplement guidelines: Supplement(s) and herbs can be taken at the same time eg breakfast. It is best however to leave an 8 hour gap between the following - vitamin E and iron, iron and zinc, calcium and magnesium. Vitamin B supplements are best taken in the first half of the day, as they can be stimulating (hence impair sleep). You will notice your urine turns a very yellow colour - don't worry its normal. In some circumstances vitamin C and magnesium can cause digestive disturbances such as wind, loosening of the bowels etc. This is a short-term side effect that indicates you have reached your tolerance level. Discontinue temporarily (1 day is usually sufficient) and recommence at a reduced dose. Calcium is best taken in the evening.

Celoid Minerals - These are best chewed a few times before swallowing, and followed by a few sips of warm water. They will taste slightly chalky or salty so try to use only your back teeth. They may also be crushed and added to food eg yoghurt. If necessary, they can be swallowed, however this will slow down their absorption.

Homoeopathics - Do not store near electro magnetic fields eg next to power points, appliances etc. They can also react with aromatic substances, and should therefore not be: kept in the same room as essential oils/aromatherapy oil burners; stored near strong smelling products eg detergents, disinfectants, perfumes etc; taken

straight after using toothpaste or mouthwash containing mint; taken with coffee, tea (even herbal); taken during a meal (take at least 1 hour before food).

Flower Essences - Place 4-6 drops directly onto the tongue. Take away from food, tea or coffee. You can also add the drops into a glass of water, or apply them directly onto the skin at the pulse points (especially useful for young children). Best stored away from electrical appliances, mobile phones etc.

SIDE EFFECTS CAUSED BY YOUR MEDICATIONS

Whilst all preparations used meet the highest quality standards, it is possible for individual reactions or over stimulation to occur. If you experience symptoms you suspect are the result of your medications, please contact me. In the interim reduce your dose or discontinue use. Please be cautious in giving your medications to friends or family who appear to be having a similar problem. Inappropriate medications may be ineffective or potentially cause side effects. If you are unsure, please discuss this with me.