

HOMEOPATHIC MEDICATION

Homeopathic medicines (called remedies) are specially prepared, diluted herbal or mineral extracts. They act by stimulating the body's natural ability to heal itself. I prefer to use these medications as a *first* line of treatment because they produce no adverse side effects, and do not affect any conventional drugs you may now be taking. Should they not be effective, conventional medication and approaches can still be used. Like conventional medications, you should avoid certain substances which may disturb or inactivate its therapeutic action for the duration of the desired therapeutic effect.

PLEASE AVOID:

1. **Coffee** (both decaffeinated and caffeinated)
2. **Black tea**
3. Any foods, candies, mouthwashes, breath mints, snacks, or lip balms that contain **mint**
4. Creams, ointments, or lip balms that contain **menthol, camphor, or eucalyptus**

If you have any questions about a particular substance, or about the philosophy of homeopathy, please don't hesitate to call. If we are out of the office when you call, you will receive instructions on how to page me.

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