

Frequently Asked Questions about Sound Medicine Homeopathy Kits

1. Are the kits suitable for homeopathic “dummies”?

Yes. The kits are designed so everyone can use them. Homeopathy is a medicinal art which takes many years to master. However when treating acute or minor ailments it is more straight forward. One needs to identify 3 or 4 symptoms in the suffering individual and match them to a particular remedy. This will promote healing in the individual.

NOTE: Caution is warranted with any health complaint and there are many occasions when professional health advice should be sought.

2. How strong are the remedies?

The remedies in the Children Homeopathic kit are 6C (6th centesimal – meaning 1 in 99 dilution and succussion, six times). This dose is very gentle and unlikely to create adverse effect if mis-prescribed. The 30C dose in the First Aid Kit is more powerful and will effect an acute ailment in an adult quite quickly.

3. What are the benefits of using homeopathy?

There are many benefits to using a homeopathic remedy.

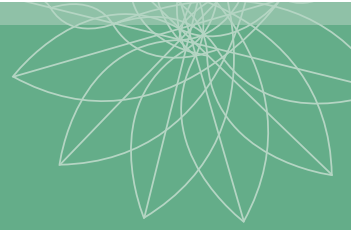
1. When selected correctly, homeopathic remedies will stimulate the innate healing energy of the individual to effect relief and cure.
2. The effect of care, from one human to another, is an important element of any healing effect. Giving any medicine with care and concern for another will promote healing. Care and Cure both come from the same word root.
3. Providing a homeopathic remedy delays the use of pharmaceutical medicine, which means there is more time for natural healing to occur and less burden placed on the body to metabolise a pharmaceutical (synthetic) chemical.
4. Selecting a remedy provides a focus for the concerned carer, rather than focusing worry on the sick individual.

4. How does one select a correct remedy?

Selecting a remedy for an illness of short duration is straightforward. It requires matching the characteristics of the remedy with the characteristics of the individual suffering.

For example:

John-sprained-wrist = **Arnica 30C**



Embarrassed. Says he's fine	=	Claims to be fine, when they aren't
Bruised	=	Feels emotionally bruised. Wants to be left alone
Swollen	=	Bruised, swollen, irregular blood flow
Cringes if anyone touches	=	Worse jarring or lying on injured part

There should be a minimum of THREE, ideally four, symptoms that match the remedy and the person's symptoms.

5. How often should I dose the remedy?

Homeopathy requires that dosing with the selected remedy only occurs WHEN THE SYMPTOMS ARE PRESENT. If the symptoms indicating the remedy change or disappear, stop dosing. Wait, watch and reassess.

For example:

John-sprained-wrist, takes Arnica 30C every 30 minutes for 90 minutes. The swelling and bruising go down slightly and he actively engages other in conversation for an hour. No remedy is given. Then an hour later, he goes a little quiet, says he's fine, the swelling seems to resume and bruising becomes evident. Another dose is given.

Homeopathy prescribing is an art that takes practice. Learning to wait and watch is a particular skill. In terms of treating long-term health conditions, find a recommended professional homeopath using your national Homeopathic Association.

6. What books would provide more guidance on Homeopathy for home use?

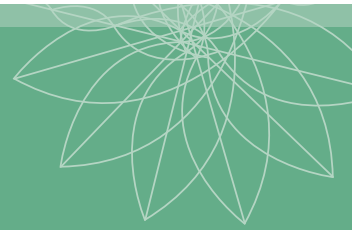
Books we would recommend for homeopathic self and family use include:

- Miranda Castro's "The Complete Homeopathic Handbook"
- Dr Dorothy Shepherd "Homeopathic first aid" handbook
- Dr Andrew Lockie's "The Family Guide to Homeopathy"
- Paul Callinan's "Australian Family Homeopathy"
- Dr Peter Webb "The Family Encyclopedia of Homeopathic Remedies"

There are many others. For the most reliable and relevant information, ensure the author is a homeopathic doctor and associated with homeopathic school or association.

7. What about infants? How do you dose them?

Homeopathy provides a gentle effective alternative to treating common childhood illnesses and can



provide great support to infants.

To dose infants: Put a few pillules into a glass of water and stir with a sterile spoon to create a vortex in the water. This is a water preparation. Give the baby one spoonful of this – either via squirting a dropper full into their mouth, having them suck on a sponge drenched in the water once, putting a few drops onto the nipple or in a bottle. EVERY EPISODE OF DRINKING IS A DOSE. That is, drinking from a bottle, stopping, then drinking again is equivalent to two doses. Applying the water preparation to the breast and suckling, then applying more water preparation to the breast and suckling is equivalent to two doses.

The homeopathic pillules are sugar, therefore there is an issue of sleeping directly after a pillule dose, in terms of dental cavities. If the child will probably sleep after the dose, consider preparing a water dose, as described above.

8. What if my child eats all the remedies?

If all the remedies are eaten in one sitting this is equivalent to one dose. It's unlikely that any ill effect will occur. Brush their teeth, as the sugar can create decay and the peppermint or menthol in the toothpaste will help antidote the remedy.

If your child devoured various remedies over a long period of time, they may develop some of the symptoms associated with those remedies. These will disappear within a short period of time. Use peppermint toothpaste or have them smell menthol based essential oils to antidote these effects.

9. How can a remedy work when there's "nothing" in it?

There is "something" in homeopathic remedies. Just because we can't see or measure something doesn't categorically mean it isn't there. Possibly it means we don't have the tools, equipment or understandings required to be able to measure or see it.

Our understanding of homeopathy's effect is that the process of manufacturing a remedy transfers the vibrational pattern of the substance into the homeopathic remedy. So the preparation of arsenic into a remedy, captures the characteristic of arsenic, but won't poison a body. This vibrational pattern acts on the "vital force" of the ailing individual, in a similar way to vaccination does in a material dose. That is, it triggers the vital force to react to the remedy vibration, as if it had been poisoned with arsenic. This triggers a reaction which, when well matched, equalises or resolves the disease to bring about cure.

One day our understanding of subatomic machinations may enlighten us about how this transference takes place and how exactly it works within living organisms. However, for now the proof is only in the effects one witnesses when a correct remedy is provided.

Homeopathy contradicts today's core beliefs about medicine. It is vastly different to using allopathic medicine. Correct use of homeopathic medicine would suggest that one drop of an active substance, made into a remedy, could potentially cure an infinite number of people. This method of treatment doesn't have



the same capitalistic motivations as pharmaceutical medicines do.

10. How are Homeopathic remedies manufactured?

The process of creating the remedy involves two steps at each dosage level - a dilution step and a succussion or trituration step. This second step is often omitted in the popular press when explaining how homeopathic remedies are made. There is a lot more at stake than simply dropping one drop into a swimming pool or lake of water.

Dilution in the centesimal (C) potency, is a sequential dilution of 1 drop or grain of remedy substance to 99 drops of water or grains of milk sugar.

1C = 1 drop or grain of remedy substance to 99 grains of milk sugar, then triturated.

2C = 1 grain from the 1C remedy is added to 99 grains of milk sugar then triturated.

3C = 1 grain from the 2C remedy is added to 99 grains of milk sugar then triturated.

4C = 1 grain from the 3C remedy is added to 99 drops of water then succussed.

5C = 1 drop from the 4C remedy is added to 99 drops of water then succussed.

6C = 1 drop from the 5C remedy is added to 99 drops of water then succussed.

Trituration is the grinding to a fine powder of the remedy and (traditionally) milk sugar grains. Trituration occurs by grinding with a mortar and pestle 100 times, scraping down the powder, then repeating this twice more.

Succussion is the vigorous shaking or pounding the remedy substance and water, against a cushioned but firm object, for example the palm of your hand. This occurs 100 times, or 3 times 100 times between each dilution.

11. How can there be so many poisonous substances used?

A homeopathic remedy over 12C has no remaining molecules of the original substance within the remedy. When a remedy is less than a 12C potency, there is still a possibility of a molecule or more of the original remedy material within the remedy.

Homeopathy uses many substances which are recognised as dangerous to the body. They are dangerous because in a material dose they create a negative physiological reaction. For example, taking arsenic can cause vomiting and diarrhoea, feelings of intense burning pain, restlessness and anxiety. As a vibrational remedy, it can cure these symptoms, which are common in food poisoning.