

## **LAKE HOMEOPATHIC CARE**

*305 North 12<sup>th</sup> Street  
Clear Lake, IA 50428  
Anita L. Langholz  
Classical Homeopath  
(641) 529-0534*

### **TAKING THE REMEDY**

Be sure to avoid strong odors or direct sunlight when you pour out the dose. Never touch the globules with your hands, as they have no protective coating. Pour the globules into the cap of the vial, then onto or under your tongue; be sure that you do not touch your tongue to the cap. Do not take water with the remedy. There should be no strong taste in your mouth; after taking remedy allow about 15 minutes before eating or wait one hour after meals or the use of any strong flavored substances, such as toothpaste, tobacco, menthol, mouthwash, or herb teas. If directed to take your remedy in the morning, do so before putting anything else in your mouth; Call or email if you have any questions or concerns—(641) 529-0534, [anita@lakehomeopathy.com](mailto:anita@lakehomeopathy.com)

### **STORAGE & HANDLING OF REMEDIES**

Store remedies:

- ✓ In a cool, dark place; out of the sun and away from heat over 100 degrees Fahrenheit.
- ✓ Away from strong-smelling medicines or lotions, especially camphor

Preparing the dose:

- ✓ Do not expose remedies to each other or to strong smells of smoke, cooking, mothballs, perfumes, etc., or sunlight.
- ✓ Do not have more than one remedy vial open at a time.

DOSAGE: \_\_\_\_\_.