



How to 'plus' a remedy

'Plussing' enables you to take a remedy as often as you like and will assist it in working for longer. Please read the whole instruction before commencing.

How to prepare - Place one tablet (without touching i.e. tip from packet) in a bottle (or glass, see below) of water – either mineral or cooled, boiled filtered water; a small bottle of mineral water is ideal. To take a dose, shake bottle vigorously or bang hard on palm of hand 10-12 times and take a (clean) teaspoonful on an empty mouth. Hold in the mouth for about 10 seconds before swallowing. This can be sipped every time the remedy effects appear to wear off i.e. every few minutes or every few hours, just make sure the bottle is banged/shaken before each dose. If entire bottle is used up start a new bottle with another tablet.

N.B. Tablet may not dissolve for a long time – this is okay as the remedy actually coats the tablet so should easily be absorbed into the water. It can be helpful to keep remedy in the fridge if convenient, but do feel free to take it with you if you go out anywhere – just make sure no-one else drinks it!

The above can be done in a glass – stir 10-12 times with a clean teaspoon instead of shaking/banging and the patient can sip direct from the glass. This is useful in temperatures/childhood acutes etc where glass can be kept by the bed.

Babies – the same procedure as above can be done using a babies' bottle or doidy cup.

RESULTS

- **If symptoms improve** – take remedy as often as needed i.e. repeat if wears off or symptoms return. This could be every few minutes or every few hours and is the benefit of this type of prescription.
- **STOP if symptoms worsen** after 1-2 doses; or if symptoms change or new ones appear. It could be this is due to the natural progression of the illness and a new remedy needs to be prescribed; or it could be that this is not the right remedy and a new one needs to be prescribed.
- **If no change** - Try a new potency (strength of remedy i.e. 6c, 30c, 200c) or new remedy if does not work after 3 consecutive attempts. Again, it could be that this is the wrong remedy and a new prescription should be tried.

Any questions on the above – please call me on **07811 398642**.

Thank you and best regards

Joanna

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