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What will happen when I take the LM DAILY DOSE of the remedy?

The LM preparation was developed to be a particularly gentle way to administer homeopathic remedies. It reduces the likelihood of aggravation at the start of treatment and allows for the remedy to be taken on a daily basis. All homeopathic remedies are manufactured through a process of repeated dilutions and succussions. When the LM potency is made at the pharmacy, it is highly diluted but minimally succussed. Your instructions to take the LM potency include succussing the bottle a specific number of times before each dose. When you succuss the bottle before each dose it serves to continually alter the remedy so that your vital force will get a slightly higher potency every time you take it.

When taking the LM potency, some people will feel the effects of the remedy with the first dose while others begin to experience the effects of the remedy after several doses. Homeopathy is different from mainstream allopathic medicine in that the remedy stimulates your vital force to do the healing and this process unfolds over time. There are subtle and not so subtle signs that you can look for to track how the remedy is working. Reviewing the information on the table below will help you focus on some of the most important indications of the remedy's action. Keeping a journal of your experiences is often very helpful and can demonstrate subtle but dramatic changes over time.

The process of promoting wellness with homeopathy involves three different, inter-related factors: 1) selecting the simillimum (i.e. correct remedy) to address your specific situation, 2) deciding upon the potency or strength of the remedy (for example, LM potency, 12X, 30C or 1M, etc), and 3) deciding upon the dose or how frequently to take the remedy.

It is difficult to know in advance exactly how an individual's vital force will respond to a remedy. Close observation is important to track what is happening. The good news is that homeopathy, especially when using the LM potency, affords a great deal of flexibility to tailor remedy

selection, potency and dosing schedules to meet your needs. Therefore, it is important that we have open communication to track the effect of the remedy so that adjustments can be made, if needed.

Here is the range of what may happen as you take the daily LM dose and how we can work together to maximize your treatment:

What may happen	What it means	What you should do
Rapid relief from all symptoms with an overall sense of wellness and increased energy.	Remedy selection, potency and dosing are all right on.	Nothing. Keep taking the remedy and enjoy the gentle action of homeopathy.
Your condition gets worse immediately or shortly after taking the remedy. *see note below	Your symptoms have become aggravated. Often this is a good sign that the remedy selection was correct and it is acting. It is possible that the potency was too high or you have already taken enough of the remedy.	Call me and hold off on taking another dose until we speak. Early aggravation is not common with the LM potencies. In general, if you stop taking the remedy, the aggravation will pass in 2-3 days.
No change in your symptoms but they don't seem to be as bothersome. You feel more balanced emotionally, have more energy and perhaps a new feeling of wellness.	The remedy is acting. It is working first at the mental/emotional level and in time will likely address the physical symptoms.	Nothing. Continue taking the remedy as instructed. Keep track of the details of how your condition progresses.
Your original symptoms are better but now you are having other symptoms that you have had in the past.	The remedy is acting deeply on your current symptoms and is revealing and acting on a deeper past layer.	We will discuss this at the one month follow-up. Keep careful track of your experience as this will often help with selecting the next remedy as you move toward deep healing.
After taking the remedy for some time, your original symptoms were better, you went through a period of feeling quite well and now you are feeling tired and feel the symptoms are coming on again.	The remedy has acted deeply. With the LM potency, aggravation tends to occur as a sign that it is time to end the treatment.	Call me. Based on our discussion I may ask you to stop taking the remedy or may increase the length of time between each dose.

What may happen	What it means	What you should do
Your original symptoms are worse and you are having new symptoms that you never had before. You feel more tired or you feel worse emotionally or mentally.	If this continues for more than a couple of days, you are moving in the opposite direction of cure.	Stop taking the remedy and call me. Together we will consider options such as waiting, antidoting the remedy with a different remedy or using an antidote to stop the action.
No change in your symptoms after 10-14 days, or only changes in your minor symptoms.	Certain very deep acting remedies may take longer to act but in most cases if nothing or little has happened after 14 days the remedy selection was most likely not the simillimum and the remedy is not acting.	Call me. Try to recall aspects of your condition that you may not have shared with me. More information about the case is usually needed to identify the correct remedy.

*** Note:** In a small number of cases, it may be difficult to tell the difference between a homeopathic aggravation and a worsening of your condition that is not related to the remedy's action. I encourage all of my clients to have a relationship with a primary care provider. If at any point your condition significantly worsens or you are concerned it has become serious, I strongly encourage you to contact your primary care provider and/or seek emergency care.