



**Rick Cotroneo, MA, Certified Homeopath**

**Email address: [Rick@vitalselfhomeopathy.com](mailto:Rick@vitalselfhomeopathy.com)**

**Phone 518-477-1416**

**What will happen after I take a SINGLE DOSE of the remedy?**

When you take 3-5 tiny pellets of a carefully selected homeopathic remedy you may find that you have two different levels of expectation. First, if you have been suffering enough to seek treatment, it is likely that you will hope for a return to health shortly after taking the remedy. In some cases, this is exactly what happens. On another level, most of us have been trained by mainstream allopathic medicine to believe that to get better we must take a medicine repeatedly, the way that we take a course of antibiotics. So, if you take those 3-5 tiny pellets once and don't get immediate relief from all of your symptoms, you may be inclined to think: 1) the remedy isn't going to work or, 2) you should take more. Homeopathy is different from 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 in 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, 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 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 after you take the remedy and how we can work together to maximize your treatment:**

<b>What may happen</b>	<b>What it means</b>	<b>What you should do</b>
Rapid relief from all symptoms with an overall sense of wellness and increase in energy and balance.	Remedy selection, potency and dosing were all right on.	Nothing. Enjoy the gentle action of homeopathy.
Your condition gets worse immediately or shortly after taking the remedy.  <b>* See note below</b>	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. Aggravation usually passes in 2-3 days.	Call me if this lasts more than a couple of days. Avoid taking suppressive medications to remove the symptoms if possible because this can interfere with the action of the remedy.
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 greater sense 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. 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.	Keep careful track of your experience as this will often be helpful in selecting subsequent remedies as you move toward deep healing.
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 2-3 days, you are moving in the opposite direction of cure.	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 21-28 days or changes in only your minor symptoms.	Certain very deep acting remedies may take longer to act but in most cases if nothing or little happens after 28 days the remedy selection was most likely not the simillimum and the remedy is not acting.	We can discuss this at our one-month follow-up. 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.