

Advice available from Helios:

If you have been prescribed a remedy by your Homeopath then please refer to them for specific advice about your symptoms, dosage, and repetition of the remedy.

If you do not have a Homeopath or they are not available then please do call our advice line or send us an email (details on the back).

Our friendly and highly experienced Homeopaths can give **brief advice for acute ailments only**. If your condition is chronic and long-term then we would suggest that you visit a Homeopath for a full consultation.

The information in this leaflet is for guidance only and is not intended to replace the advice of your qualified Homeopath or GP. Always seek medical advice if symptoms are severe or persistent.

About Helios Homeopathy

Founded in 1986, Helios Homeopathy is a leading homeopathic pharmacy and manufacturer serving practitioners, students, the public and retail outlets with over 3,800 remedies in 140 countries around the world. While the company has grown considerably since it began, its ethos of a true passion for healing and adherence to its founding principles "to create a new source of potent, accurate and effective remedies to bring profound healing and relief of suffering" remains the same. We remain committed to making homeopathic remedies of the highest quality and with the utmost integrity. All our remedies are made to traditional methods and backed by expert advice from our team of qualified homeopaths and pharmacists.

To find out more about our full range of products please call us on 01892 537254 or visit www.helios.co.uk.

Head Office & Tunbridge Wells Pharmacy

89-97 Camden Rd, Tunbridge Wells, TN1 2QR

We are open:

Monday to Friday: 9:00am - 5:30pm GMT

Saturday: 9:00am - 2:00pm

Telephone:

+44 (0)1892 537254

Email orders and general enquiries:

order@helios.co.uk

Ansaphone

+44 (0)1892 536393

Fax:

+44 (0)1892 546850

Web:

www.helios.co.uk

Web order enquiries:

pharmacy@helios.co.uk

Trade enquiries:

Tel: +44 (0)1892 511555

Email: retail@helios.co.uk

Covent Garden Pharmacy

8 New Row, Covent Garden, London WC2N 4LJ

We are open:

Monday to Friday: 9:30am - 5:30pm GMT

Saturday: 10:00am - 5:30pm

Telephone:

+44 (0)207 379 7434

Email:

orders@helioslondon.com

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www.helios.co.uk

NEW PATIENT INFORMATION

New patient information and guidance about using homeopathic remedies effectively

Please read this leaflet if you are new to Homeopathy to find out more about the handling, storage and dosage of homeopathic remedies.

Handling and storage:

Keep your remedies away from electronic equipment, mobile phones, telephone base stations, TV, wi-fi, computers and microwaves.

X-ray scanners at airports should be avoided where possible although the consensus is that remedies survive these exposures as long as they are not too frequent. For extra care you can protect your remedies by wrapping them in aluminium foil.

Do not expose the remedies to strong light, extreme heat or cold or strong smells.

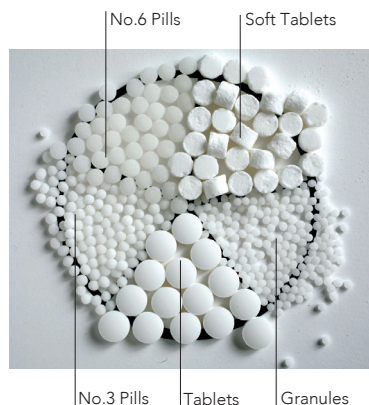
Ideally store them in a dry, dark drawer or cupboard that maintains an even room temperature.

Keep out of reach of children and away from other medication.



HELIOS
HOMOEOPATHY
A passion for healing

Remedy forms:



Pills (No 6) (sucrose)

Round sucrose pills, diameter 3.5mm. Our most popular form.

Pills (No 3) (sucrose)

Round sucrose pills, diameter 2mm.

Granules (sucrose)

Made from pure sucrose. Useful for babies, small children and animals and are soluble in water.

Hard Tablets (sucrose/lactose)

Made from lactose/sucrose, diameter 6.5mm.

Soft Tablets (lactose)

Made from lactose and melt quickly on the tongue, diameter 5mm. They are regarded as 'gluten free' (less than 20ppm) and suitable for people with coeliac disease. Patients with wheat allergy should NOT take soft tablets.

Large Soft Tablets (lactose)

Made from lactose and melt quickly on the tongue. Useful for larger animals and for single dose prescribing. Wheat allergy advice as above.

Powders (lactose)

Individual doses of lactose in sachets.

Oral liquid (23% alc.)

A 23% alcohol solution. (*Oral liquid remedies can also be made in water only, please ask if required.*)

LM liquid (10% alc.)

A 10% alcohol solution for taking LM potencies orally.

Dosage:

There are two important principles that you need to follow to use Homeopathy successfully:

1) **The Law of Similars**

The process of matching the symptom picture of an illness or injury to the symptom picture of the homeopathic remedy.

2) **The Law of Minimum Dose**

When administering homeopathic remedies, give as little dose as possible to stimulate the body's own healing response. After one dose, observe the symptoms and repeat the remedy if needed. If symptoms continue to improve then stop the remedy. If symptoms had initially improved but then return, repeat the same remedy.



For acute ailments, general advice would be to give one dose 3 times daily for up to 3 days, stopping before this if symptoms have resolved. If symptoms change significantly or fail to improve then select a new remedy to fit the new symptom picture.



The correct remedy should produce an effect within a short space of time, within 24 hours or less if the patient has high vitality and 2-3 days if the patient has lower vitality.



Generally, in most acute cases, you will only need the remedy for either a few hours or a few days. The exception to this may be remedies for a minor injury / fracture or tissue salts that are required for longer support.



If you are in any doubt about how much or for how long you should take a remedy please consult your prescriber or call our advice line.

Potency:

The potency of a homeopathic remedy is matched to the patient's vitality and the severity of the situation. For most acute ailments a 30c or lower will be the correct potency choice. However, an acute ailment or injury that is very intense with high energy symptoms, for example a traumatic injury, intense pain, a high fever, childbirth etc may need a higher potency such as a 200c to match the energy of the symptoms.

Taking the remedy:



Administer one dose into the mouth without touching it. Pills and tablets can be tipped into the lid of the bottle and then into the mouth. Powders and liquid can be tipped or dropped directly under the tongue.



One dose is generally one pill, one powder, one drop or whatever your homeopath has prescribed as one dose. For granules or size 3 pillules a few (5-10) can be administered as one dose.



Take the remedy at least 20 minutes away from food and drink or from any strong flavours such as toothpaste or tobacco.



Administer the remedy directly under the tongue, where absorption takes place. Allow the remedy to remain in the mouth for around 10 seconds after which it can be crunched or swallowed.

Safety first:

Serious injuries and illness should never be treated without seeking expert advice. Use your instincts and common sense. If you are worried, call for help first, then give the appropriate remedy whilst you are waiting for help to arrive.