

Wellness Lane

Classical Homeopathy and Wellness Consultation

Kim Lane, MD 📍 7810 Gloria Circle 📍 Mounds View, MN 55112

O-651.348.8089 📍 www.wellnesslane.us 📍 F-651.203.7399

We bring good health to life!

Pellet Dose:

Remedy_____ Please pour 3-5 pellets into cap and empty into mouth.
Dissolve on tongue. Repeat a dose in 4 6 8 12 24 hours apart for _____doses/days.
You will have some left over!

Plussed Dosing:

Place 3 pellets into glass/glass jar; Add 4TBSP of spring, distilled or filtered water. Let dissolve, stir 10-20 times-take one teaspoonful as directed below:

Take One teaspoon ___ hours apart for only ___ doses.

For acute care take every 15 minutes until symptoms better or resolved.

For semi-acute Take 1 tsp three times a day for _____days.

Remember to stir between doses about 10 –20 times. Or if glass with metal top-shake bottle once between doses.

For chronic issue:

Take 1 tsp every 15 minutes over about 2.5—3hours– a total of 10 doses.

Keep remaining liquid for the following day– Add 4TBSP of water. Stir and repeat 1 tsp every 15 minutes for 10 doses. Continue this process for one week=7 days then discard left over remedy.

For weeks 1,3,5,7 use Remedy:_____ **dose**_____

For weeks 2,4,6,8 use Remedy:_____ **dose**_____

General information on taking remedies:

1. Remedies work energetically to help rebalance and restore health-remember to dispense the remedy from the cap if pellet dose (and not on your hand); store in glass and dispense with metal spoon if liquid.
2. Store remedies in a dark place (cupboard) that is not subject to extreme temperatures or moisture or strong odors.
3. Avoid eating or drinking anything at least 15 minutes before or after taking your remedy. Longer can be better.
4. Avoid strong smelling foods, drink, medications (Mentholatum), spices (as discussed in homeopathy handout) on the day you take your remedy especially if pellet dose or limited time dosing.(1-3days).
5. You may continue with other medications just allow time between the remedy and regular medication.
6. Homeopathy for Home: Acute Illness and Injury Care available on line at www.kimlanemd.com explains homeopathy, gives many remedies that are useful for self and family care.
7. *Contact through patient portal with update in 1-2 weeks or Call if you have more immediate questions or concerns.*
8. Next appointment due in_____.