

**How often should you take your “constitutional” homeopathic remedy during acute conditions?**

Take a dose. Wait to see improvement. If you improve, and then get worse or stop improving (i.e. plateau) for 24 hours or more, take the next dose. In other words, as long as you are improving, you do NOT need to take another dose.

Ideally, wait at least a few up to 24 hours, before you take the second, third or any of the future doses. You do not want to take two doses of your homeopathic remedy too close to each other. Allowing at least a few hours is the minimum amount of time recommended between two consecutive doses.

If you start to improve or are continuing to improve after any of the doses of your remedy (first, or future doses), then avoid redosing- just wait until the remedy gets you better.

If the first dose does not provide any improvements, you may take a second dose after a number of hours. If you are still not improving, it's unlikely that your homeopathic remedy by itself is going to help you.

Always take homeopathic remedies at least 10-15 minutes away from food/drinks.

And, remember, the less frequently you take homeopathic remedies, the better. The idea of “less is better” is a fundamental principle in homeopathy. In fact, the more powerful potencies are actually more dilute!