

FAQs for the Hahnemann Pharmacy Web site

Questions:

Click on the question link to see the discussion of that topic.

- 1) [What is homeopathy, and where did it come from?](#)
- 2) [How does homeopathy work?](#)
- 3) [What are homeopathic remedies, and how are they made?](#)
- 4) [How do homeopathic remedies work?](#)
- 5) [What strengths of Homeopathic medicines does Hahnemann Laboratories, Inc. carry?](#)
- 6) [What is the "C" potency?](#)
- 7) [What is the "M" potency?](#)
- 8) [What is the "X" potency?](#)
- 9) [What is the "LM" potency?](#)
- 10) [Why would one potency be prescribed rather than another?](#)
- 11) [What potencies are available through Hahnemann Pharmacy?](#)
- 12) [What forms do homeopathic remedies come in?](#)
- 13) [Why do homeopathic remedies come in both pellets and liquid?](#)
- 14) [How do I take my homeopathic remedy?](#)
- 15) [What is the difference between homeopathy and conventional medicine?](#)
- 16) [What is a "combination remedy," and do you sell them?](#)
- 17) [What is a tincture?](#)
- 18) [Does homeopathy treat serious illnesses, or only minor illnesses like colds and flus?](#)
- 19) [Are there remedies for my diagnosed disease or condition?](#)
- 20) [Can homeopathic remedies be used as vaccinations?](#)
- 21) [Does homeopathy work for pets?](#)
- 22) [How do I find out which remedy is most suitable for me?](#)
- 23) [Is there anyone at Hahnemann Pharmacy with whom I can consult to find a remedy suitable for me?](#)
- 24) [How do I find a homeopathic practitioner?](#)
- 25) [What should I expect after taking a homeopathic remedy?](#)
- 26) [How quickly do homeopathic remedies work?](#)
- 27) [How long should the benefits of a homeopathic remedy last?](#)
- 28) [How long will I have to take my homeopathic remedy?](#)
- 29) [Is there anything that will antidote or interfere with my homeopathic remedy after I have taken it?](#)
- 30) [Do homeopathic remedies have any side effects?](#)

- 31) [Are homeopathic remedies 100% safe?](#)
- 32) [What if my child accidentally takes my homeopathic remedy?](#)
- 33) [Is there anything I need to be careful of when taking a homeopathic remedy?](#)
- 34) [Can I do homeopathy and other kinds of medicine at the same time?](#)
- 35) [Do I need to tell my doctor I am taking a homeopathic remedy?](#)
- 36) [Do I need a prescription to order a homeopathic remedy?](#)
- 37) [Are homeopathic remedies regulated by the FDA?](#)
- 38) [How long is the shelf life of homeopathic remedies?](#)
- 39) [How should I store my homeopathic remedies?](#)
- 40) [Is there anything that will harm my homeopathic remedies?](#)
- 41) [How many pellets come in a vial?](#)
- 42) [How many doses are in each vial?](#)
- 43) [How soon will Hahnemann Pharmacy send my order after I have placed it?](#)
- 44) [How soon can I expect to receive my order?](#)
- 45) [If needed, how can I ensure my order will go out the same day I order it?](#)
- 46) [How safe is it to send homeopathic remedies through the mail or UPS?](#)
- 47) [Is it possible to pick up my remedies from Hahnemann Pharmacy in person?](#)
- 48) [Can I place an order if I do not have a credit card?](#)
- 49) [Can I return a remedy that I ordered if I no longer need it?](#)
- 50) [Do you have a minimum quantity per order?](#)
- 51) [If I need a remedy that you do not carry, will you make it?](#)
- 52) [How long does it take to prepare a custom remedy?](#)
- 53) [How much does it cost to prepare a custom remedy?](#)
- 54) [Do you carry Bach Flower Remedies?](#)
- 55) [Do you carry cell salts?](#)

[Top of Page](#)

1) What is homeopathy, and where did it come from?

Homeopathy was discovered by Dr. Samuel Hahnemann, a German physician who lived from 1755-1843. He first caught a glimpse of the principles of homeopathy when he tested the theory that Peruvian bark (the natural source of quinine) cured malaria because of its bitterness. After taking Peruvian bark repeatedly, he came down with malarial-type symptoms. This experiment showed that natural substances can change the state of people's health, just as diseases do: Peruvian bark changed Hahnemann's state of health in the same way that malaria would. From this, Hahnemann discovered that Peruvian bark (also known as China or Cinchona) could cure cases of malaria. He learned that treating a disease with a substance that produces symptoms similar to that disease, will quickly and permanently cure that disease. Hahnemann successfully put into practice the Law of Similars, which was first discovered by the ancient Greek physician Hippocrates. Further experiments with other substances verified

this discovery, equipping him with a pharmacy capable of curing most illnesses. Using this newly discovered system of medicine, which he named Homeopathy, Hahnemann found he could free his patients from their mental, emotional and physical ailments by giving them a single remedy that acted most similarly to their state of illness. Hahnemann concluded that a person's illness is nothing more than a change in their overall state of health, rather than a disease afflicting a single part or physiological system. A person falls ill when his or her overall state of health is compromised, expressing itself through a set of mental, emotional and physical symptoms arising in different ways. Because all symptoms—no matter where they are or how they act—are the result of a change in the person's overall state of health, the best way to cure is to turn around the person's overall state of health, rather than treat each symptom individually. Thus, homeopathy is a holistic medicine, meaning that it treats the whole person in his or her state of illness, addressing the entirety of mental, emotional, and physical symptoms with a single remedy. As a holistic medicine, homeopathy abides by laws of Nature in its understanding of how health, disease and cure take place.

[Top of Page](#)

2) How does homeopathy work?

When a person falls ill, he or she comes down with a set of symptoms affecting his or her mind, emotions, and body, to one degree or another. Homeopathy treats the person's illness by giving him or her a remedy that best matches his or her state of illness, as dictated by the Law of Similars: a substance that acts similarly to a disease will cure that disease. The Law of Similars works for these reasons: The homeopathic remedy goes to the same place where the disease resides in the person. The remedy is given in a potency or strength that is stronger than the disease. With the aid of this remedy that is similar to but stronger than the disease, the person gains strength over and is freed from the disease, resulting in a recovery from his or her illness. We will more fully answer this question of how homeopathy works as we answer the questions appearing below.

[Top of Page](#)

3) What are homeopathic remedies, and how are they made?

Homeopathic remedies are highly dilute and yet very powerful medicines made from natural substances found in the animal, mineral and vegetable kingdoms. They are administered by homeopathic practitioners in accordance with the principles of homeopathy—that is, laws of Nature.

Each remedy has its own unique symptom image, which is discovered through drug trials called "provings." In a proving, healthy people take a single remedy frequently until they start to come down with symptoms—just as Hahnemann did when he experimented with Peruvian bark. During a proving, a single remedy causes mental, emotional and physical symptoms to appear in the prover, revealing how that remedy effects the overall state of health of people. This overall effect the remedy has on the provers shows us the unique symptom image of that

remedy. The symptoms the provers come down with are documented, and this documentation builds the homeopathic Materia Medica: the catalog of remedies used by homeopathic practitioners. Based on the information collected in the Materia Medica, the homeopathic practitioner is able to know how homeopathic remedies act. The practitioner is then able to find the remedy whose action or symptom image most closely matches the symptom totality experienced by the patient in his or her state of illness. The remedy whose symptom image most closely matches the state of illness suffered by the patient, will cure and return the patient to a state of health.

To make a homeopathic remedy, we use natural substances found in the animal, mineral and vegetable kingdoms. To turn these substances into homeopathic remedies, we take them through the processes of “dilution and trituration” or “dilution and succussion.”

If a substance is not water or alcohol soluble—like gold, lead, copper, or calcium—we use a mortar and pestle to “triturate” or grind one part of it into ninety-nine parts of milk sugar. Once the substance is sufficiently triturated, we take one part of this mixture or “trituration” and put it in another ninety-nine parts of milk sugar, again triturating it. We do this a third time. At this point, the substance is water or alcohol soluble, whereas in its natural or crude state it was not. When a substance is alcohol soluble (either naturally, like salts or plants, or after trituration), we use the process of “dilution and succussion.” First, some substances require a little preparation, like plants, which have to be steeped in alcohol in order to make tinctures out of them.

Substances that readily dissolve in water, like salts, do not require any preparation. We put one part of this soluble substance (tincture, salt, triturate) into a vial containing ninety-nine parts of alcohol. We succuss or pound this vial a number of times—ranging from 2, 10, 20, or 40 times at each step. Hahnemann Pharmacy applies 20 succussions at each step to make its remedies. From this succussed, medicated solution, we take one part and put it in another vial of ninety-nine parts of alcohol, succussing it to reach the second step. Repeating this process of dilution and succussion gives us a series of potencies or strengths available for use.

We use the processes of “dilution and trituration” or “dilution and succussion” because they change substances into simpler and yet stronger forms. Every substance has within it an inherent medicinal quality. These processes bring out this inherent medicinal quality. So, substances like common salt or charcoal, which have little to no effect on a person, become deep and powerful medicines through the process of dilution and succussion. Likewise, toxic substances like arsenic and mercury, are rendered nontoxic while becoming greatly medicinal. Through dilution and succussion or trituration, we can take any substance—whether it be non-soluble, toxic, or completely inert—and turn it into a profound and safe medicine.

[Top of Page](#)

4) How do homeopathic remedies work?

We do not know how homeopathic medicines work in the same way in which we know how telephones or cars work. This is also true of many, or even most, drugs in conventional medicine. A living being is still, despite all of our scientific advances, a mystery at many levels. Some drugs are known to have a specific chemical effect on a specific part of the body, This is called a “mechanism of action”. The mechanism of action for general anesthetics used to put

people to sleep during surgery are one class of drugs for which no mechanism of action is known. In other areas of science there are still many mysteries also. Gravity, for example, does not have a mechanism of action which is agreed upon by the world's physicists. Time cannot be proven to even exist. This doesn't mean that we cannot use gravity or time in our daily lives. We can also use drugs which do not have a known mechanism of action. No one would have surgery without anesthetics just because we don't understand their mechanism of action. Homeopathic medicines are extremely useful even though we don't understand how they work at this time. It is often useful to discuss Homeopathic medicines as energetic or vitalistic medicines than in mechanistic terms, so we say that they are energetic or vital medicines because Homeopathic doctors agree that the effects of Homeopathic medicines are effects directly on the energy level of a person, directly upon whatever vital force underlies our shared understanding of that state of being we call Health.

We produce energetic medicines because homeopathy recognizes the fact that life exists due to a life energy, a vital principle. When a person falls ill, his or her overall state of health declines because his or her life energy has been compromised or has become imbalanced. To correct this imbalance in one's life energy, an energetic medicine must be used.

The remedy that best matches the life energy's state of imbalance, as expressed through a totality of symptoms, is given in a potency or strength that is stronger than the disease. This most similar homeopathic remedy goes to the same places where the whole illness resides. The homeopathic remedy that is most similar to but stronger than the illness stimulates the life energy to free itself and recover from the imbalance of its disease state. This recovery causes the person's mental, emotional and physical symptoms to disappear.

We give only one remedy at a time because we are treating one life energy that has fallen into a state of imbalance or disease—an imbalance that expresses itself through a variety of symptoms.

[Top of Page](#)

5) What strengths of Homeopathic medicines does Hahnemann Laboratories, Inc. carry?

We label our medicines with a number and letter which indicates the strength of the remedy. It indicates how far a substance has been taken through the process of dilution and succussion. The more a substance has been diluted and succussed, the higher its potency, the stronger it is. In homeopathy, we have a higher potency when there is less substance, because more of the inherent medicinal power has been released. When a substance has been taken through the process of dilution and succussion, and made into a homeopathic potency, we say it has been "potentized." We note the exact potency of a remedy by using a letter and a number. The letter—a Roman numeral—tells us what dilution ratio was used, while the number tells us how many steps of dilution and succussion the substance has been taken through. We have three potency scales: C, X, and LM.

[Top of Page](#)

6) What is the “C” potency?

The “C” potency, otherwise known as the centesimal potency scale, is a particular degree and range of strength. The letter “C” is the Roman numeral for 100, meaning the dilution ratio of medicinal substance to non-medicinal substance is 1 to 100. For example, one part of salt, calcium, arsenic, or charcoal has been put into one hundred parts of milk sugar or alcohol. The number tells us how many times it has been diluted and succussed. For example, a “30C” potency tells us that a substance, diluted at the ratio of 1:100, has gone through 30 steps of dilution and succussion. 200C means it has gone through two hundred steps of the dilution and succussion process.

[Top of Page](#)

7) What is the “M” potency?

1M, 10M, 50M are marked with the Roman numeral “M,” which stands for 1,000. This “M” is being used as a shorthand for 1000C, not for a dilution ratio of 1:1,000. Therefore, 1M is a 1,000C and means a substance, diluted at the ratio of 1:100, has been taken through the dilution and succussion process one thousand times. 10M is a 10,000C, and a 50M is a 50,000C. A potency of CM means 100,000C, a DM means 500,000C, and an MM means 1,000,000C. The centesimal potencies typically used are 6C, 12C, 30C, 200C, 1M, 10M, 50M, and CM. To put this into some perspective, the 1C has one 100th of a part of medicinal substance in it. A 2C has one 10,000th of a part of medicinal substance in it. A 3C has one 1,000,000th. The number indicating the amount of medicinal substance in a 30C is a 1 followed by 60 zeros. Imagine how many zeros are in the numbers representing the amount of medicinal substance in a 200C, a 10M, or a CM!

Because the process of dilution and succussion brings out the medicinal quality of a substance, the more a substance has been diluted and succussed, the more its medicinal quality has been developed. This means, the further along the scale we go, the more powerful the remedy is. A CM is vastly more powerful than a 6C, even though the CM has been diluted 100,000 times! The development of medicinal power lies not simply in the dilution, but also in the succussion. Each step invigorates the substance’s inherent medicinal power, developing it further as we climb the potency scale. While the CM has been diluted 100,000 times, it has also been succussed at each of the way, and therefore has gone through 100,000 steps of invigoration as well.

[Top of Page](#)

8) What is the “X” potency?

The second potency scale is the decimal scale. This scale is similar to the centesimal scale, except that it uses the dilution ratio of 1:10. To indicate this ratio, the decimal scale uses the Roman numeral “X,” which stands for 10. 30X indicates a substance, diluted at a ratio of 1:10, has been taken through thirty steps of dilution and succussion.

To compare the decimal and centesimal scales, we simply divide the decimal in half to get the

comparable centesimal, or multiply the centesimal by two to find the comparable decimal. For example, a 30X is similar to a 15C, while a 30C is similar to a 60X.

[Top of Page](#)

9) What is the "LM" potency?

The third potency scale is the LM scale, "LM" being the Roman numeral for 50,000. This scale dilutes substances at a ratio of 1:50,000. To begin, we take a 3C (the point at which all substances are alcohol soluble, as achieved through trituration) and dilute it into 50,000 parts of alcohol, succussing it 100 times (as opposed to the 2, 10, 20 or 40 times applied to the centesimal and decimal scales). This first step of diluting at 1:50,000 and succussing 100 times is called the LM1. The scale continues with the LM2, LM3, and so on. At each step, the substance is reduced at a dilution rate of 50,000. Obviously, the LM scale becomes more highly dilute and invigorated than the centesimal or decimal scales, which means that the LM scale is higher in potency than the centesimal or decimal.

The LM scale is more potent than the centesimal and decimal scales, and yet it is also more gentle. Because it is so dilute, and also because it is given in liquid form (diluting it even further), the LMs act very gently and are quite suitable for people requiring gentler treatment.

[Top of Page](#)

10) Why would one potency be prescribed rather than another?

Like the choice of remedy, potency is determined based on the state of the person's health. For example, a person who is sensitive to medication, environmental influences, or emotional experiences, or who suffers from advanced pathology, may react more strongly to a remedy and therefore ought to have a more gentle potency. Someone who is not so sensitive or does not suffer from advanced pathology can probably do well with a higher potency and not experience any discomfort. Potency selection is determined by how vulnerable a person is, whether they be mentally, emotionally or physically vulnerable. Potency selection is also determined by the type of illness a person has. Treatment ought to be gentle as well as effective. Your homeopath will select the potency which is best for you, your condition, and your overall level of health.

[Top of Page](#)

11) What potencies are available through Hahnemann Pharmacy?

Hahnemann Pharmacy sells centesimal C and fifty millesimal LM potencies. We start all our centesimal potencies at 6C, and proceed up the scale through 12C, 30C, 200C, 1M, and 10M, with many in-between potencies as well. Many, but not all, remedies go as high as 50M or CM. We sell centesimal potencies only in pellets, not in liquid form. We sell LMs in both liquid and

pellet form (the pellets to be subsequently diluted in solution). All LMs begin at LM1 (with a couple of exceptions), and go up as high as we have been asked to raise that particular remedy. We prepare liquid LM potencies with 20% ethyl alcohol, or no alcohol if preferred, in 1 oz, 4 oz, 8 oz, and 16 oz bottles.

[Top of Page](#)

12) In What forms are your homeopathic remedies available?

There are two basic forms in which homeopathic remedies come: pellets and liquid. Centesimal and decimal potencies are typically sold in pellets. To make centesimal and decimal pellets, we moisten sugar pellets (made of a combination of sucrose and lactose) with the alcohol potency we made through dilution and succussion. Once dry, these medicated pellets are ready for ingestion.

LMs are given in liquid form, by diluting a pellet (or pellets) into a water/alcohol solution (often in a 1 oz, 4 oz, 8 oz or 16 oz bottle). Centesimals and decimals can also be used in liquid form, by diluting a pellet or pellets into a quantity of a water/alcohol solution.

[Top of Page](#)

13) Why do homeopathic remedies come in both pellets and liquid?

Pellets are the basic way centesimals and decimals are distributed, because the sugar harbors the remedy safely and securely, and they are very easy to take, needing only to be dissolved under the tongue.

Liquid preparations aid in making the remedy more gentle for those who need it. Liquid preparations make remedies more gentle because the patient takes only a portion of the solution, thus taking only a portion of the remedy dissolved therein. The life energy is stimulated more gently, hence the response to the remedy is more subtle.

The LMs, being the gentlest potency (while still being the most potent), are given in liquid form, making them all the more gentle. Centesimal and decimal potencies can be diluted in liquid as well, making them more gentle than when taken dry.

[Top of Page](#)

14) How do I take my homeopathic remedy?

Centesimal and decimal potencies, when taken in pellet form, are dissolved in one's mouth, usually under the tongue. The number of pellets taken, and the frequency at which they are taken, must be determined by your practitioner. Every person is different, hence the dosing regime must reflect your individuality, just as the choice of remedy does.

The exact way a liquid preparation is taken must be determined by your practitioner, because there are a number of variations on the theme of taking a remedy in liquid form. Typically, LMs start with a stock bottle filled with a medicated solution. A portion of this medicated solution is

put it into four ounces of water. A spoonful from this four ounces is taken for the dose. The LMs are typically taken every day, at least once if not more often. However, the exact instructions about how to use the LMs, what size stock bottle to use, the amount to be taken from the stock bottle, and at what frequency the remedy should be taken, must come from your practitioner.

[Top of Page](#)

15) What is the difference between homeopathy and conventional medicine?

Homeopathy is a holistic medicine, as it treats the whole person. It does so by giving a single remedy that acts most similarly to the person's overall state of illness as expressed by the totality of mental, emotional and physical symptoms. The person's overall state of health, and thus the symptoms experienced, are the result of an imbalance of the life energy. Since the homeopathic remedy is given for the sake of treating the person's overall state of health—the life energy—each person requires a remedy that is suitable for his or her own unique state of illness. No two people are alike, thus each person is treated as a unique case. Since we are treating the life energy, energetic medicines that are highly dilute, nontoxic, and very powerful, are given. Homeopathy is concerned about the person and the entirety of his or her discomfort, not with specific diseases or conditions.

Conventional medicine is the exact opposite of the homeopathic approach. Conventional medicine views disease as an alteration in an organ or physiological system. It uses drugs specifically intended for the symptoms and diseases found in these organs and systems. Because conventional drugs are produced for the sake of treating specific diseases, the treatment each person gets is apt to be the same as any other person who has the same disease. People are not seen as having unique states of illness, but rather as being infected with common diseases. Using drugs that are often toxic to the body and therefore cause side effects, conventional medicine is concerned about specific diseases located in certain parts, not the person as a single suffering individual.

[Top of Page](#)

16) What is a “combination remedy,” and do you sell them?

A combination remedy is a mixture of several remedies, either of the same potency or of various ones, all in one tablet. Combination remedies are used to address specific conditions by using, all at once, a number of remedies that have a strong history of treating that condition. Hence, combination remedies are used like conventional drugs, treating specific conditions rather than the whole person, and therefore are not used according to strictly homeopathic principles. However for certain common conditions these combinations products can be useful. One should however, remember that these are “shortcuts” intended only for short term treatment of temporary mild conditions. For treatment of long term illness or more serious short term conditions you need to see a homeopath. Hahnemann Pharmacy does not sell combination remedies.

[Top of Page](#)

17) What is a tincture?

A tincture is an extract of a substance, for example, an herbal extract. Tinctures are made by steeping a substance in alcohol, extracting the properties of that substance into the alcohol. They are not potentized, that is, taken through the process of dilution and succussion. Tinctures are often used externally after dilution with water or saline solutions so that the alcohol does not injure or irritate the body. Tinctures are really herbal products and should not be taken internally unless recommended by a qualified practitioner for many tinctures are toxic. Never take a tincture internally unless you know it is nontoxic and have been directed to do so by your practitioner.

[Top of Page](#)

18) Does homeopathy treat serious illnesses, or only minor illnesses like colds and flus?

Homeopathy is capable of treating any type of illness which can be cured, since it works by stimulating the person's natural ability to heal him or herself. Homeopathy views disease as the result of the life energy's imbalance, thus it is the life energy that we are treating in every situation, not the diagnosed disease. However, serious illnesses do require greater attention and skill for treatment. Experienced doctors should always be consulted when faced with severe or chronic illness.

[Top of Page](#)

19) Are there remedies for my diagnosed disease or condition?

Because we give remedies according to the unique state of the individual, it is impossible to say what diseases a given remedy will treat. For example, two people who each suffer from headaches, depression, and indigestion will, in all likelihood, need different remedies, because the way in which their headaches, depression and indigestion act are different. Such is the case with people who suffer from migraines, colitis, ADHD, or any other disease. No two migraine patients are exactly the same, hence they each need their own individualized treatment, their own homeopathic remedy that suits their unique state of illness which includes their migraine symptoms. In other words, homeopathic remedies are used for the state of illness as expressed through a person's unique totality of mental, emotional and physical symptoms, and not for pathological conditions. It is more true to say that there are specific remedies for each person rather than for each disease.

[Top of Page](#)

20) Can homeopathic remedies be used as vaccinations?

Homeopathy works by using a remedy that matches the symptom totality experienced by someone who has already fallen ill. Vaccinations are used to prevent illness from starting,

hence people are vaccinated before they contract, or exhibit symptoms of, a specific disease. Therefore, homeopathy does not work as a vaccination, since it requires the presence of symptoms for treatment. Homeopathic remedies will have no effect on a person if its symptom image does not match the symptoms a person experiences. There are historical reports of homeopaths successfully using homeopathic medicines to prevent illness in a group of people threatened with a serious contagious disease, but these uses for the most part have not been subjected to the modern scientific process. However, there are some fascinating possibilities now under new research trials.

[Top of Page](#)

21) Does homeopathy work for pets?

Yes. Anything that is alive can benefit from homeopathy, since it treats the life energy. The rules of taking the case of an animal are the same as those of people: get the totality of symptoms, for they represent the state of imbalance suffered by the individual animal. The pet owner who is sensitive to the animal's state will be very helpful to the homeopath in selecting the proper medicine.

[Top of Page](#)

22) How do I find out which remedy is most suitable for me?

As with any other system of medicine, people seeking treatment are best served by consulting with a trained practitioner. Homeopathy is a complex and precise science, requiring expertise to do it well and safely. And since it treats the whole person rather than specific conditions, we ought not hunt for remedies that look good for such conditions. Homeopathy works best when it abides by its principles

[Top of Page](#)

.23) Is there anyone at Hahnemann Pharmacy with whom I can consult to find a remedy suitable for me?

Unfortunately, no. We are strictly a pharmacy and without a clinical facility. We are not staffed to conduct consultations or able to suggest remedies for you to take.

[Top of Page](#)

24) How do I find a homeopathic practitioner?

There are thousands of homeopathic practitioners, as well as a number of schools and organizations dedicated to homeopathy, throughout the United States. The first place to look is in your Yellow Pages under "Homeopathy," "Holistic Health," or any such similar listings. There, you may find individual practitioners, or schools that can give you references. The internet may also be a good source for practitioners or schools, by doing a search for homeopathy in your

home town or state. The National Center for Homeopathy can refer you to a homeopath in your area. Phone 703-548-7790 or go online at www.homeopathic.org.

[Top of Page](#)

25) What should I expect after taking a homeopathic remedy?

Homeopathy recognizes the fact that everyone is different. Just as each person needs a remedy specific to his or her unique symptom totality, he or she should also expect a unique response to his or her remedy. No two people respond to a remedy in the same way, in that relief will come quickly or slowly depending on their health and life circumstances. No matter what the situation, the goal of homeopathy is a restoration of the health of the person as a whole, not simply the eradication of a specific symptom or condition.

Thanks to the experience of the great homeopathic practitioners, we can say that relief from illness—not matter what kind it is—begins in the person’s mental and emotional state, as well as in their level of energy. Recovery begins from the inside, in the center of the person, and moves outward. If relief were to either take place in the mind or in the arms and legs, we would want to see it in the mind first: the mind is more central and represents the person more profoundly than do the arms and legs—we can live without arms and legs, but not our minds

There are a number of possible responses to remedies, too many to address here. Your practitioner ought to be able to further discuss this subject with you.

[Top of Page](#)

26) How quickly do homeopathic remedies work?

Again, the unique, individual state of the person will determine how quickly a remedy begins to give relief. In chronic illnesses, relief typically begins anywhere from within a few days, to within three or four weeks. In acute illnesses, relief ought to appear within minutes to hours. The extent of the relief after the initial dose or doses is dependent upon the person’s state of health. Some people have profound changes in a short period of time, others see only subtle changes at first. The degree of the improvement is significant, but recovery should not be rushed. If recovery is slow, do not fret, because that may be the pace your life energy needs to put itself back into balance.

[Top of Page](#)

27) How long should the benefits of a homeopathic remedy last?

The length of time the benefits of a remedy last is dependent upon the state of the person. Some people are able to go for weeks or months off a single dose, while others may need more frequent doses. As treatment continues, the length of time between doses ought to lengthen, indicating your life energy is getting stronger and maintaining its health and balance more successfully. The goal of homeopathy is the restoration of health, thus we want to see the benefits of a remedy last for longer periods of time as the months go by.

[Top of Page](#)

28) How long will I have to take my homeopathic remedy?

Since everyone is different, the length of time a remedy is needed differs from person to person. Many people respond very well with only one dose of the correct medicine. In acute conditions, the improvement can be very rapid. With chronic illnesses that have existed for many years, some people find complete relief within a year or two, others need treatment for years after that. No matter what the situation, the pace of the treatment ought to suit the needs of the life energy, however fast or slow that is.

[Top of Page](#)

29) Is there anything that will antidote or interfere with my homeopathic remedy after I have taken it?

Many practitioners have many different ideas about what will interfere with homeopathic remedies, such as coffee, mint, menthol, camphor, ultrasound tooth brushes, air travel, or nothing. The best thing to do is follow your practitioner's instructions on what to do and what not to do while on your homeopathic remedy.

[Top of Page](#)

30) Do homeopathic remedies have any side effects?

Since homeopathic remedies are diluted to minute levels and therefore rendered nontoxic, they do not have any side effects. Some patients will experience a cleansing reaction as their body begins to heal. Your homeopath will discuss this with you.

[Top of Page](#)

31) Are homeopathic remedies 100% safe?

Homeopathic remedies are almost completely safe if they are used correctly. As with any other kind of substance—medicinal or not—if we use them incorrectly, they can cause discomfort or even harm. This is why it is important to consult with an experienced practitioner who has been trained to understand what the correct remedy, potency and dosage are for each person's unique state. When used properly according to the principles of homeopathy, homeopathic remedies are remarkably safe. There are no deaths due to properly used homeopathic medicines in the United States recorded in the major medical online databases. Contrast this with the 200,000 calls which Poison Centers receive each year about aspirin and acetaminophen, sold most commonly as Tylenol®.

[Top of Page](#)

32) What if my child accidentally takes my homeopathic remedy?

In most instances, there is nothing to worry about. Since substances are rendered nontoxic through the process of dilution and succussion, homeopathic remedies do not pose a threat of poisoning. However, if the remedy your child has swallowed is a potency of 1X, 2X, 3X, 4X, 5X, 6X, 7X, or 8X, you should contact your homeopath immediately or should get your child to an emergency room immediately, because these potencies are very low and still contain enough raw material to potentially cause harm.

[Top of Page](#)

33) Is there anything I need to be careful of when taking a homeopathic remedy?

It is always a good idea to be sure you are taking any kind of medicine safely. As with any other kind of medicine, homeopathic remedies should be taken with caution and in conjunction with an experienced practitioner's instructions, so that you receive the safest, most beneficial treatment possible.

[Top of Page](#)

34) Can I do homeopathy and other kinds of medicine at the same time?

Only your practitioner can determine this for you. Generally speaking, homeopathic remedies do not have any contraindications with other kinds of medicine. However, it is always important to consult with an experienced, trained practitioner who understands how to administer homeopathic remedies while you are also taking other medicines. Using homeopathic remedies incorrectly, especially while already under medical treatment, has the potential of untoward results.

[Top of Page](#)

35) Do I need to tell my doctor I am taking a homeopathic remedy?

No matter what kind of medicine you are taking, or how many practitioners you are seeing, it is important that they all have a clear understanding of what you are doing and how you are handling your health needs. The more your practitioners know, the better they can serve you, and the safer you will be.

[Top of Page](#)

36) Do I need a prescription to order a homeopathic remedy?

Most homeopathic remedies are not prescription items. Many are sold in health food stores and sometimes pharmacies. The exact remedies and potencies sold are determined by the individual stores and pharmacies.

The policy of Hahnemann Pharmacy is: Remedies up to the potency of 30C can be ordered by

anyone. Anything above 30C, such as a 200C, 1M, 10M, etc. requires the involvement of a practitioner, and will not be sold if a practitioner is not managing your case. All nosodes require the involvement of a practitioner and will not be sold if a practitioner is not managing your case. If you are seeing a medical doctor, osteopath, or any other practitioner who writes prescriptions as recognized by the FDA, Hahnemann Pharmacy honors those prescriptions and sells remedies in strict compliance with these prescriptions and the rules of the FDA.

[Top of Page](#)

37) Are homeopathic remedies regulated by the FDA?

Yes, homeopathic remedies are classified as drugs by the FDA and are therefore regulated just as pharmaceutical drugs are.

[Top of Page](#)

38) How long is the shelf life of homeopathic remedies?

Homeopathic remedies last indefinitely. There is no shelf life, because they do not spoil or lose their potency if stored correctly. The FDA has given homeopathic medicines an explicit waiver from the requirement to put expiration dates on bottles of medicine.

[Top of Page](#)

39) How should I store my homeopathic remedies?

To best ensure the integrity of your remedies, keep them tightly sealed in a dry place, out of direct sunlight, and away from heat sources such as ovens, stoves, heaters, furnaces, microwaves, etc.

[Top of Page](#)

40) Is there anything that will harm my homeopathic remedies?

Direct sunlight and high heat will affect your remedies. Typical summertime heat is not a problem. Traveling with your remedies in hot regions is also not a worry. Homeopathy was practiced across the world before the invention of the air conditioner! Keep your remedies away from sources of heat like ovens, stoves, heaters, furnaces, and microwaves to ensure they do not get exposed to too much heat. Leaving your remedies in a hot car in the summertime where the temperature can get up to 150 degrees F may inactivate them.

[Top of Page](#)

41) How many pellets come in a vial?

We have two basic vial sizes and three different pellet sizes available. The size and number of

pellets in each vial is determined by the potency of the remedy, because we offer particular potencies only on specific pellet sizes:

Vials containing potencies of 6C-29C come in our 2 dram vial and contain about 115 pellets that are 3.5 mm in diameter (#35 pellets)..

Potencies of 30C and above come in _ dram and 2 dram vials and 3 mm diameter pellets (#30 pellets).

_ dram vials containing 30C-99C have about 80 pellets in them, while 2 dram vials have about 240.

_ dram vials containing potencies of 100C and up have about 240 pellets in them that are 2 mm in diameter (#20 pellets), while 2 dram vials have about 730.

We sell pellets of our LM potencies in both _ dram and 2 dram vials as well, but we distribute the same amount in each vial, so the _ dram is full, while the 2 dram is 1/4 full. There are thousands of LM pellets in each vial that are 1 mm in diameter (#10 pellets) .

[Top of Page](#)

42) How many doses are in each vial?

The number of pellets you will be taking is determined by your practitioner. This number will tell you how many doses are in each vial.

[Top of Page](#)

43) How soon will Hahnemann Pharmacy send my order after I have placed it?

On average, we send orders out by the following business day, if not that same day. Business days are Monday through Friday. However, the greater the number of remedies you order, and the greater the amount of work required for your order (for example, medicating pellets, raising potencies, etc.), may set back the time in which we are able to ship out your order. If there is any considerable delay with your order, we will contact you.

[Top of Page](#)

44) How soon can I expect to receive my order?

We have a variety of shipping services available that will suit your needs. The range of time it takes to receive your order will be anywhere from the next day to over a week, depending on where you live and which service that you choose. The cost for shipping depends on which service you choose. Please keep in mind, if you live on the east coast it will cost more to have your order shipped in one or two days than if you live in the San Francisco Bay area. Simply put, it costs more to get a package across the country that quickly.

[Top of Page](#)

45) If needed, how can I ensure my order will go out the same day I order it?

With a \$5 to \$7 Rush Charge, we will give your order priority, ensuring your remedies will go out that day if it is a Monday through Friday, or on Monday if you place your order on the weekend, no matter how busy we are! Our only restrictions are: keeping orders to five items or less, and placing your order before 2 PM. If we see that there is any reason we will not be able to get your order out that day (medicating needs, etc.), we will tell you at the time of your call.

[Top of Page](#)

46) How safe is it to send homeopathic remedies through the mail or UPS?

In our experience, we have never found a problem sending homeopathic remedies through the United States Postal Service, nor through UPS or Federal Express. It is very infrequent that we have to replace packages that have been lost or damaged. Even with the recent introduction of radiation used to protect us against biological agents sent through the mail, we have not heard of any damage being done to the remedies themselves.

[Top of Page](#)

47) Is it possible to pick up my remedies from Hahnemann Pharmacy in person?

No. Hahnemann Pharmacy is a mail-order business, and not equipped nor licensed for walk-in services.

[Top of Page](#)

48) Can I place an order if I do not have a credit card?

Yes, you can. We accept personal checks, but require that we receive your check before sending out your order. Call us to determine the cost of your order and shipping charges prior to sending your check. As soon as your check arrives, we will prepare your order. We do not wait for the check to clear. We do not bill customers. Mail your check and order information to Hahnemann Laboratories, Inc at 1940 Fourth St, San Rafael, CA 94901. Include the name of the remedy, the potency of the remedy, the size of the vial, your name, your address, and the method of shipping you wish us to use.

[Top of Page](#)

49) Can I return a remedy that I ordered if I no longer need it?

No. According to FDA regulations, pharmacies are prohibited from taking back and reselling previously sold medications. Every remedy we sell is coming to you directly from our laboratory and has not been sold to someone else previously. All sales are final.

[Top of Page](#)

50) Do you have a minimum quantity per order?

No. You can order as little as one remedy if you like, or as many as you wish.

[Top of Page](#)

51) If I need a remedy that you do not carry, will you make it?

Yes, we do make custom remedies. We will make a remedy from vegetable, mineral and some animal substances. We are not equipped to handle biological material like viruses, bacteria, diseased tissue, and the like. Please call us for details.

[Top of Page](#)

52) How long does it take to manufacture a custom remedy?

Depending on what potency you need, and on how busy we are at the time of your order, it can take us anywhere from two weeks to a month to make your custom remedy.

[Top of Page](#)

53) How much does it cost to prepare a custom remedy?

Custom remedy charges depend on the nature of them material, and the desired potency. The total cost may run from \$50.00 to \$400.00 depending on the amount of time, materials, and work required.

[Top of Page](#)

54) Do you carry Bach Flower Remedies?

No, we do not. Many organic grocery stores do. Check your Yellow Pages for your local organic grocery store to see if they carry them. You may also find distributors or retailers on the internet.

[Top of Page](#)

55) Do you carry cell salts?

No, we do not. Most health food stores have a wide selection of cell salts.

[Top of Page](#)