Determine if the condition is acute or chronic. If chronic, seek care from a professional homeopath. If truly acute, you can try to treat at home.

Homeopathic remedies come in various strengths (or potencies): the 6c, 12c, and 30c strengths are gentle and perfect for home use. Start with the lowest potency you have, and move up if it stops working.

Chronic conditions may require a higher potency, but must be treated by a professional practitioner. Use the NCH practitioner directory to find a professional homeopath near you.

The goal is to find the lowest dose that works. So start with the lowest potency and move up only if it stops working.

This project was supported by a grant from the Charles M. Bauervic Foundation.

homeopathycenter.org