

HOW A HOMEOPATHIC REMEDY IS MADE

1

A remedy is made by starting with the original substance and making it into a mother tincture. For this example, we'll use the plant, *Arnica montana*.



2

To make the "X" potency, mix 1 drop of the *Arnica montana* tincture with 9 drops of alcohol to achieve a 1:10 ratio.

To make the "C" potency, mix 1 drop of *Arnica montana* tincture with 99 drops of alcohol to achieve a 1:100 ratio.

3

The mixture is then strongly shaken or succussed and diluted a specific number of times based on the potency. For a 6X potency, the mixture would be diluted and succussed 6 times. For a 30c potency, the mixture would be diluted and succussed 30 times.



4

Pellets are then medicated with the mixture.



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Though homeopathic remedies are diluted, they are still medicine. It is important to follow dosing instructions on the bottle or follow the guidance from a professional homeopath.