

# HOW HOMEOPATHIC REMEDIES ARE MADE

Homeopathic remedies are made from plant, mineral and animal products.

**1** To make a remedy, start with the original substance and make it into a mother tincture. For this example, we'll use the plant, Arnica montana.



**2** "X" potency  
Mix 1 drop of the Arnica montana tincture with 9 drops of alcohol to achieve a 1:10 ratio.

**4** Pellets are then medicated with the mixture.



"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.



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