MAKING AND BUYING REMEDIES

Before delving into this, let's be aware that there are many modalities you can use to help the body heal itself. Let's not forget to look at the cause. Yes, there is a miasm and genetic stain for everything, but most things are under control unless you rock the boat. The body will continue to get sick if you keep dumping poisons into it (fast food, sugars, pop, coffee, drugs, chemicals, vaccines etc). Stopping the abuse has got to be addressed for lasting healing.

BUYING REMEDIES

Buying remedies couldn't be easier these days. All over the world there are homeopathic remedy labs that make these formulas and sell online or to practitioners.

Around the world, in Germany, England, India, France, New Zealand, Australia, Mexico, South America, and many other countries, homeopathic remedies are at the top of prescribed and used remedies for healing. They are cheap and effective. Not so much in the U.S. and Canada. However you can buy quite a few approved homeopathics online in Canada through amazon.ca homeocan.ca iherb.ca well.ca boiron.ca abchomeopathy.com. If you are in the business, a homeopathic practitioner can purchase many different types through Boiron, Reckeweg, Unda, Heel (Germany), Viatrexx (Quebec), Physica (U.S.)

There are also many homeopath practitioners that you can work with and they will be able to prescribe and obtain remedies for you. Search the internet for practitioners in your area.

SUCCESSION AND DILUTION. CH potency.

When you see "X" it means 10 "C" means 100 "M" means 1,000 "LM" is 50,000

Common dilutions:

6x or 6c for acute, recent symptoms

12x or 12c for focal symptoms

30x or 30c for more chronic and general conditions

200 dilutions and above - check for physical and mental/emotional problems

A Simple Way of Making Your Own Remedy:

Making a 6x dilution (which is very common):
1 part substance (herb, saliva, disease tissue etc)
9 parts water or combination water and alcohol (menstrum)
You can use 1 teaspoon as the one part, 9 teaspoons of the menstrum. Mix together and succuss (pound gently, perhaps on your thigh or palm of your hand). Some pound 5 times which apparently is enough, some pound 50 times.
Then you take 1 part of that remedy, which we call the 'mother' remedy, and dilute it with 9 parts of the menstrum. Succuss again.
Then take 1 part of that 'daughter' remedy and dilute with 9 parts menstrum. Succuss.

You can keep going, diluting and succussing. When doing our own we usually use 50ml bottles, seems to work out well. As long as they are clean so you don't accidentally add anything you don't want to the remedy.
6 dilutions is common.

At 12 dilutions there is no molecules left of the original substance.

Also very common on the market is the usage of 30C. To make that:
1 part substance (herb, saliva, disease tissue etc)
99 parts water or combination water and alcohol (menstrum)
You can use 1 teaspoon as the one part, 99 teaspoons of the menstrum. Mix together and succuss (pound gently, perhaps on your thigh or palm of your hand). Some pound 5 times, some pound 50 times.
Then you take 1 part of that remedy, which we call the 'mother' remedy, and dilute it with 29 parts of the menstrum. Succuss again.
Then take 1 part of that 'daughter' remedy and dilute with 99 parts menstrum. Succuss.
Keep going until you have diluted the product 30 times.

You can buy homeopathic remedies on line – even from amazon. The usual dose for an adult using the pellets is 5 pellets 2-3 times a day, empty stomach. Don't eat or drink anything for a half hour after taking the remedy, and once you have taken the remedy, don't eat or drink anything for at least an hour. Many people find taking the remedy at bedtime, and upon waking to be easy times. Don't drink coffee, brush your teeth around the time you take the remedy.

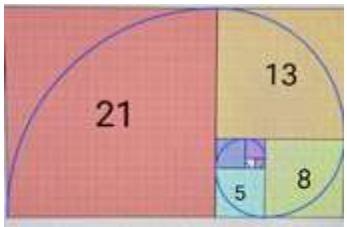
This gets a little more complicated when you are doing 1,000 dilutions and 50,000 dilutions and a million dilutions. So we have included some ideas that people do to make this happen as well as some other methods people use. First let's talk about Fibonacci Remedies.

FIBONACCI FREQUENCY REMEDIES

If you understand that everything is energy, everything is frequency, everything is numbers in the whole universe, then you won't have any difficulty understanding the Fibonacci remedies.

There are many ways to increase the effectiveness of remedies. You can do common multiple frequencies eg. 6X, 12x, 15x, 30x or more. You can go deeper into the body and consciousness by increasing the dilutions to hundreds and thousands, and indeed LM frequencies are proving to be really safe and effective.

Fibonacci sequence is a number pattern where each number equals the sum of the two numbers before it number:
0 1 1 1+1=2 1+2=3 3+2=5 5+8=13 13+8=21 21+13=34 34+21=55 55+34= 89 89+55= 144etc



The Fibonacci spiral: an approximation of the golden spiral created by drawing circular arcs connecting the opposite corners of squares in the Fibonacci

There are homeopathic labs around the world that will make these up for you as a prescription, or you can make up your own master initial remedy and keep it on file. So a remedy would be:
1x 3x 5x 13x 21x 34x 55x 89x 144x 233x etc.
Each time you make the formula you will do succussions as you always do, usually 5 shakes or pounds will do. These are sometimes called 'dynamic' remedies.

The first step is to have the correct remedy. No amount of tweaking and fiddling with doses and potencies and repetitions will help unless the remedy is correct. To reach the correct remedy, do a proper case taking and physical examination, using multiple methods belonging to a diversity of traditional and modern practices.

It takes a full day's work for one technician to run a full series up to 233C, using ten succussions at each step. In other words, in a series each potency has been made by the same technician using the same technique from the beginning, creating the regular exponential growth previously described.

The SIMILLIMUM PHARMACY in New Zealand has now around 300 (three hundred) remedies in full Fibonacci series "on the shelves". Not all of those can be considered as "homeopathic". There are nosodes, sarcodes, potentized drugs and vaccines, unproved potentized herbs and gemmotherapic remedies.

In Canada there are strict rules about what is available for purchase by Health Canada. Everything that is sold needs an NPN number under the Drug Act. So in Canada, sometimes it is easier to make your own formulas.

The first step is to have the correct remedy. No amount of tweaking and fiddling with doses and potencies and repetitions will help unless the remedy is correct. To reach the correct remedy, we need a proper case taking and physical examination, using multiple methods belonging to a diversity of traditional and modern practices. I will not elaborate here, but I guess you can sense another publication burgeoning.

This will teach us what to correct before even contemplating a homeopathic approach: proper nutrition as Hahnemann insisted; optimizing and repairing the functionality of the body through Organotherapy, Drainage and Detoxification; mechanical adjustments through Ortho-Bionomy, Visceral Manipulation, Bowen Therapy, Cranio-Sacral Therapy; energetic

rebalancing through Acupuncture, Tai Chi, Qigong and others may be needed. It may be done with homeopathy as a single technique but why not use multiple tools when available? First present the practical approach to prescribing for a patient.

LM aka Q REMEDIES

LM homeopathic remedies, also known as Q-potencies, are a type of homeopathic remedy developed by Samuel Hahnemann that involve a dilution factor of 1:50,000. They are designed to provide gentle and effective treatment, often resulting in fewer aggravations compared to other potency scales

When a disease is suppressed, LM (50,000 dilution) or higher potencies are necessary to severe the connection between the suppressed disease and the Vital Force. So needed for anti-miasmatic.

http://www.classicalhomeopathy.com/forms_liquid_administration.php

LM potencies (50,000 dilutions) are considered by many homeopaths as being the best way to treat people. You have far less negative responses as the body heals itself. It is the most safe and gentle means. You can always go to youtube or search engines and find good information about using and making LM potencies.

I have gathered a lot of information over the years. Following are the directions for preparing and administering an LM potency remedy. These remedies are administered in a different way than other homeopathic remedies. Please read and follow the directions carefully in order to receive the optimal benefit from this treatment.

https://www.youtube.com/watch?v=8CiRcgkXmG0

50,000 drops = 10 cups

To prepare the remedy you will need:

- **A 4-oz (118ml) amber color glass stock bottle**
- **Distilled water – never use tap water**
- **A stainless steel teaspoon**
- **Clean glass (not paper or plastic)**

Rinse both the spoon and glass before use to be sure no soap residue is present and then dry with a paper towel (not a dish cloth).

1. **If you have different levels of LM potency, make sure you are using the right one before preparing the remedy. Place one pellet (two is ok) of the remedy into the stock bottle. Not more. Do this slowly and with care as the pellets sometimes pour out much faster than you expect. You may want to pour the pellet into the dry spoon first and then into the bottle to avoid getting too many pellets in the bottle. Never touch the remedy pellets with your hands. Pellets that have been touched are no longer good and should be discarded. (Wash your hands if you touch the remedy).**

2. **Fill the stock bottle to the shoulder with distilled water. Cap the bottle. (Distilled water is available in jugs from most health food stores).**
3. **Firmly tap the bottle on the heel of your palm the prescribed number of times before each and every successive administration.**
4. **Take one teaspoon of the solution from the stock bottle and put it in the glass.**
5. **Add four ounces of distilled water to the glass. Stir briskly.**
6. **Take only one teaspoon from this glass and place it in your mouth, under the tongue if possible, holding it there for a moment before swallowing.**
7. **Discard the remainder of the remedy solution left in the glass.**
8. **Save the remedy solution that is left in the amber stock bottle. Once prepared, keep this bottle out of direct sunlight and away from extremes of heat or cold.**
9. **Rinse the teaspoon and the glass with water only (no soap) and dry with a paper towel. (It is best to dedicate a spoon and glass for just this purpose).**

IMPORTANT: At the next and subsequent administrations, you will start again at step 3 for as long as that bottle of solutions lasts. A stock bottle will provide 18 - 20 administrations. When you are close to the end of a bottle of solution, call the office for special instructions of what to do next. When we move to the next level, we start again at step 1. (Use a new or sterilized bottle for each new level of preparation. Re-sterilize bottles and caps in boiling water for ten minutes. They will not melt). However, if David instructs you to make up a second bottle of the same potency, call the office for further instructions!
AVOID THE USE OF COFFEE, MINT, MARIJUANA, CAMPHOR, EUCALYPTUS and MENTHOLATED products as they can antidote the action of the remedy.

Another method
8 Tbsp distilled water
1-2 poppy size seed formula or 1 drop of medicating potency
Swirl about to dissolve
Don't need to succuss for first dose. Label LM1

<u>To prepare the dose:</u>
8 Tbsp distilled water
1 small teaspoonful from the mother formula
Take small teaspoon – use only small amount to prevent aggravation
Take into mouth and hold, swish around and swallow. Wait 10 min before eating or drinking anything.

One of my teachers, Shilpa, used LM potencies for deeper cases. Those people have years of infections, complexes, susceptibility is very low. LM is deeper but gentler.

MAKING A LOWER POTENCY INTO A HIGHER POTENCY

I asked Shilpa how to make 30c or 200c into 1M remedy if I couldn't obtain. She said it is pretty exhaustive process to go from 30C to 1M as you step up one potency from 30 to 1000 with serial dilutions in 1:100 and 100 successions each time. But making an LM1 is easier and a 2 step process – however you need to start with a 3C potency. Check with a homeopathic pharmacy book for the process.

FROM WILLA KEIZER on youtube: LM Potencies – the Healing Power of Water
Hahnemann in the 6th edition of Organon, said:

- **the remedies should be prepared and given in water - it is most useful in diseases of any magnitude to give to the patient the powerful homeopathic pellet(s) only in solution;**
- **and the solution in divided doses.**
- **In this way we give the medicine dissolved in 4-8 oz of water without any addition.**
- **In acute or very acute every 4-6 hours?**
- **When the danger is urgent even every hour or ½ hour a tablespoon at a time (weak persons or children only a small amount of the tablespoonful may be given as a dose).**
- **In chronic disease I have found it best to give a dose eg. a spoonful of a solution of a suitable medicine, at least every two days, usually more every day.**

US fluid ounces to milliliters table

fluid ounce	1	2	3	4	5	6	7	8	9	1
milliliter	29.5735	59.15	88.72	118.29	147.87	177.44	207.01	236.59	266.16	295

- **An LM1 is a 3c pellet.**
- **So first take a 4 or 8 oz bottle (amber is best). You could use as much water as you want – if it is a sensitive person you might want to use 8 oz of water; less sensitive person you might use 4 oz.**
- **Fill ¾ with distilled water and ¼ some kind of white alcohol eg. Vodka or Everclear (overproof).**
- **This percentage of alcohol to water can depend on the season. In the summer when it is warm you are in danger of getting some sort of mold growing in your bottle, you might want to put more alcohol in. Hahnemann mentioned putting a piece of charcoal in there to keep the water clean. I haven't heard of anyone doing that, but it is written in the Organon.**
- **Take your bottle of LM1 (3c) pellets – and take 1 pellet and add it to the bottle. You can then succuss it a few times eg. 5. Be sure to label it.**
- **Now for the dosage, take a cup and pour a teaspoon of this LM1 into about ½ cup of water, stir it. That is your dose and it is your traditional LM potency.**

This is flexible – you can use 8 oz instead of 4 oz to make the formula and can also dose it into a full cup instead of a half cup when taking the formula.
You can also take a spoonful of the first cup, and put it into cup number 2, add ½ cup of water, and this is the second cup. If that is too strong, you can take a spoonful of that one and go to a 3rd cup.
Many clients sense which cup they would go to – if they did the 4th cup it was too strong but the 5th cup worked for them.

Here is another way:
Use a 4 dram (15 ml) amber glass bottle, and put the same percentage water/alcohol (75% water/25% alcohol) then put in a pellet (I sometimes put in a few pellets). Then I use eye dropper but be careful, when people are putting the eye dropper into the bottle and then into the mouth they can contaminate it. Label the remedy and succuss it.
With this method you can still go ahead and use a second and third cup but in that case I use less water in the cup – I just have people use 1/8 cup of water (1-3 Tbsp) and just put a few of drops of the remedy into it and then succuss the remedy. How many times you succuss determines how strong it is. If sensitive, succuss 2-3 times. The norm is 5 times. Then put 2-3 drops into the mouth or put into a cup with water and take.

Dr. Rashid Akhtar describes it as follows:

Use 100ml empty amber bottle
Fill up to the neck with distilled water
Take one globule (pellet) from the selected medicine and add it to the water.
Mix it up.
Then add 5 to 10 drops of alcohol to preserve the medicine.
Succuss 2, 5 or 10 times.
Then you have to decide how many doses you want.
Fill the bottle cap with the mixture into 7-8 spoonful of water or half a cup of water and mix it. Then take one-two teaspoonfuls according to the sensitivity of the patient. Note: the cap will give you 18 doses from that bottle.
Tell the patient to take the bottle, and each time after the number of strokes you have told them to do (2, 5 or 10), take one cap of medicine in half cup of water and from that take one-two teaspoonful according to sensitivity. For acute situations you can do every 13 – 15 minutes or every half hour or hour according to need.
If chronic case, you need longer duration of gap between the dose or advise to take once daily or alternate after one, two or three days, according to need.
If the person is going to take for a much longer time, you can use a bigger bottle, or tell them to take only a half cap of the medicine at a time thereby getting much more than 18 doses from that bottle.
You can also tell the patient, when they get down to one last dose, then mix it into #2 bottle and repeat.
This is how Hahnemann advised for dispensing 50 millisimal scale of potency.
You can increase the alcohol to protect the remedy, but it may cause headaches, nausea or other side effects especially in females and children. Sometimes you have to limit the number of drops to 2-3 (not more than 5) alcohol when making it to avoid aggravation.
Hahnemann way of dispensing: take one cap of medicine from the 100ml bottle and put in half cup of water. From that you take one teaspoonful and put it into another half cup of water, and from the second cup, advise the patient to take and throw the rest away. If sensitivity is still there, you can increase the dilution into 3 or 4 or 5 cups and so on.

Change the remedy if symptoms change.

Francine Bork to make LM homeopathic remedy:
Put 10 Tablespoons of water into a glass jar
Take your remedy and bang it 10 times on a book to increase the dynamic effect.
Then take 5 drops from the remedy and drop it into the glass jar with the water in it. Swirl the jar, take a small sip, hold in mouth for 30 seconds, swallow, throw the rest down the toilet.

NOTE: to convert drams to minims, just multiple the drams by 60. 4 drams X 60 = 240 minims (US). I minim – 1.23 drops so 240 minims is 295.2 drops (1.29 Tbsp)
There are 228 drops in a tablespoon (1 Tbsp = 228 drops)
There are 76 drops in a teaspoon (4 tsp = 304 drops)
1 medical drop (gtt) = 1.35 minims US

This works because water is an energy receptor. Play a note on the piano and see how the water changes. Snowflakes. Also energy of intention (Dr. Emoto). So our level of compassion and intention when making the remedies also counts. Don't make remedies if you don't feel well.

BILL'S METHOD:

1 oz dropper bottle 20% alcohol, 80% distilled water.
Every time they take a dose take the stock bottle and pound 10 exact times.
Take 7 drops and put in ½ cup of distilled water – take a sip of that. You can also put on skin if they are unable to take in mouth.
Physics of this are: Molecule surrounded by water molecules are held by hydrogen bondings. Succussion breaks these into nanoclusters, made of water, held together by same complex frequency as original energy field of molecule. Dilution expands their size. So final remedy has cloned nanoclusters containing energy.
After they have pounded and diluted, the person takes one dose a day for 20 days. This LM potency is equivalent to a single C potency. This sensitizes the body to the remedy and you may not need another dose, it may go on by itself without needing another dose.
Follow up at 6 weeks – look for 10-20% improvement according to Herrings Law of Cure. If you see that, go another 3 months and do a follow up and you are looking for 50-80% improvement.
Healing crisis is only about 15% whereas C potencies almost always has healing crisis.
Total cure = 1 mo/year of symptoms or 2 years.
Any healing crisis with LM potencies usually come the 2nd or 3rd week and only last a few days or a week.
If the person has a reaction to the first dose, reduce the number of successions which will mitigate the strength. He doesn't go below 7 successions.

Start with LM1, after 6 or 8 years they may need a higher potency. LM2 didn't do much, and if need to go up, do LM3, and perhaps you can go to LM5 or 7 but will need to re-evaluate. You should wait at least 1 ½ years before going up to LM3 or it can set them back.

HAHNEMANN'S TEACHINGS ABOUT LM REMEDIES

HAHNEMANN says if you use a minute dose, you will never be in a position to antidote the remedy. LM potency is also known as zero by one or true potency, or 50 millisimal scale of potency,

It seems that the "C" potency has aggravations in the beginning of treatment. LM potency, especially in chronic cases, the person won't feel the strong aggravations you get with the "C" at the beginning. From the beginning the person will feel slight, slight, slight improvement/emulation and a moment will come when the person is free from symptoms. Then after due to this use of medicine the patient will now start giving you the symptoms of this medicine what you have prescribed. That is called the "Symptoms of Excess of Medicine". So, you might have aggravations at the end of the treatment, much less severe though. Hahnemann called this "Chain Symptom" . And you can say this is the now homeopathic aggravation, the so called not homeopathic so-called lymphatic aggravation with this LM potency and this presence of the appearance of shame symptom is the time to stop the medicine.

Organon 246:

Every perceptibly progressive and strikingly increasing amelioration during treatment is a condition which, as long as it lasts, completely precludes every repetition of the administration of any medicine whatsoever, because all the good the medicine taken continues to effect is now hastening towards its completion. This is not infrequently the case in acute diseases, but in more chronic diseases, on the other hand, a single dose of an appropriately selected homeopathic remedy will at times complete even with but slowly progressive improvement and give the help which such a remedy in such a case can accomplish naturally within 40, 50, 60, 100 days. This is, however, but rarely the case; and besides, it must be a matter of great importance to the physician as well as to the patient that were it possible, this period should be diminished to one-half, one-quarter and even still less, so that a much more rapid cure might be obtained. And this may be very happily effected as recent and oft-repeated observations have taught me under the following conditions: firstly, if the medicine selected with the utmost care was perfectly homeopathic; secondly, if it is highly potentized, dissolved in water, and given in proper small dose that experience has taught as the most suitable in definite intervals for the quickest accomplishment of the cure but with the precaution that the degree of every dose deviate somewhat from the preceding and following in order that the vital principle which is to be altered to a similar medicinal disease be not aroused to the untoward reactions and resolve as is always the case with unmodified and especially rapidly repeated doses.

Footnote:

What I said in the fifth edition of the Organon, in a long note to this paragraph in order to prevent these undesirable reactions of the vital energy, was all that the experience I then had justified. But during the last four or five years, all these difficulties are wholly solved by my new altered but perfected method. The same carefully selected medicine may now be given daily and for months, if necessary in this way, namely, after the lower degree of potency has been used for one or two weeks in the treatment of chronic disease, advance is made in the same way to high degrees (beginning according to the new dynamization method, taught herewith with the use of the lowest degrees).

It is impractical to repeat the same unchanged dose of a remedy once, not to mention its frequent repetition (and in short intervals in order not to delay the cure). The vital principle does not accept such unchanged doses without resistance, that is, without other symptoms of the medicine to manifest themselves than those similar to the disease to be cured, because the former dose has already accomplished the expected change in the vital principle and a second dynamically wholly similar unchanged dose of the same medicine no longer finds, therefore, the same conditions of the vital force. The patient may indeed be made sick in another way by receiving other such unchanged doses, even sicker than he was, for now only those symptoms of the given remedy remain active which were not homeopathic to the original disease, hence no step towards cure can follow, only a true aggravation of the condition of the patient. But if the succeeding dose is changed, slightly every time, namely potentized somewhat higher, then the vital principle may be altered without difficulty by the same medicine (the sensation of natural disease diminishing) and thus the cure brought nearer.

Organon 248

For this purpose, we potentize anew the medicinal solution (with perhaps 8, 10, 12 succussions) from which we given the patient one or (increasingly) several teaspoonful doses, in long lasting diseases daily or every second day, in acute diseases every 2-6 hours and in the very urgent cases, every hour or oftener. Thus in chronic diseases, every correctly chosen homeopathic medicine, even those whose action is of long duration, may be repeated daily for months with every increasing success. If the solution is used up (in 7-15 days) it is necessary to add to the next solution of the same medicine if still indicated one or (though rarely) several pellets of a higher potency with which we continue so long as the patient experiences continued improvement without encountering one or another complaint that he never had before in his life. For if this happens, if the balance of the disease appears in a group of altered symptoms, then another, one more homeopathically related medicine must be chosen in place of the last and administered in the same repeated doses, mindful however of modifying the solution of every dose with thorough vigorous succussions, thus changing its degree of potency and increasing it somewhat. On the other hand should there appear during almost daily repetition of the well indicated homeopathic remedy, towards the need of the treatment of a chronic disease, so called homeopathic aggravations by which the balance of the morbid symptoms seem to again increase somewhat (the medicinal disease, similar to the original, now alone persistently manifests itself). The doses in that case must then be reduced still further and repeated in longer intervals and possibly stopped several days in order to see if the convalescence need no further medicinal aid. The apparent symptoms caused by the excess of the homeopathic medicine will soon disappear and leave undisturbed health in its wake. If only a small vial, say a dram, of dilute alcohol is used in the treatment, in which is contained and dissolved through succession one globule of the medicine which is to be used by olfaction every 2, 3, or 4 days, this also must be thoroughly succussed 8-10 days before each olfaction.

So he is saying, not only do you need to put it in water, but you need to change it each time, by succussion or else you will cause aggravation. But if you change the dose each time, but giving it at slightly higher degree of dynamatization, the sick vital principle allows itself to be altered further with the same medicine without ill effect.

In Organon 248 he says the remedy is succussed/potentized each time it is taken 8-10 times. That many succussions may be too much for very sensitive people and so use LM potencies because you are able to adjust according to the sensitivity of the person. So LM potencies are good to give every day or every other day.

He made the change because the C potencies, with the amount of potencies, brought aggravations. C potencies are one drop tincture to 100 drops of water then succussed a bunch of times, then you keep doing that for a total of 30 dilutions.
With LM potencies, you are using a little bit of substance and much more water and fewer succussions.

In paragraph 270 Hahnemann describes:
To best obtain this development of power, a small part of the substance to be dynamized, eg. One grain of substance, is triturated for 3 hours with 3 times 100 grains of sugar of milk up to the one-millionth part, in powder form.

One grain of this powder is dissolved in 500 drops of a mixture of one part of alcohol and 4 parts of distilled water, of which one drop is put in a vial. To this are added 100 drops of pure alcohol and given 100 strong succussions with the hand against hard but elastic body. This is the medicine in the first degree of dynamizaion with which small sugar globules lmay then be moistened and quickly spread on blotting paper to dry and kept in a well-corked vial with the sign of (I) degree of potency. Only one globule of this is taken for further dynamization, put in a second new vial with a drop of water in order to dissolve it) and then with 100 drops of good alcohol and dynamized in the same way with 100 powerful succussions.

With this alcoholic medicinal fluid globules are again moistened, spread upon blotting paper and dried quickly, put into a well-stoppered vial and protected from heat and sun light and given the sign (II) of the second potency. And in this way the process is continued until the 30th is reached. Then with 100 drops of alcohol by means of 100 succussions, an alcoholic medicinal fluid is formed with which the thirtieth dynamization degree is given to properly moistened and dried sugar globules.

Footnote at bottom of page:
Hahnemann said he found after many experiments to be the most powerful and at the same time, mildest in action, so most perfect – the material part of the medicine is lessened with each degree of dynamization 50,000 times, yet incredibly increased in power so further dynamization of 125 and 18 ciphers reaches only the 3rd degree of dynamization. The 30th thus progressively prepared would give a fraction almost impossible to be expressed in numbers.

Hahnemann says "according to my earlier instructions a whole drop of liquid in the lower potency was added to 100 drops of wine spirit and potentization. But meticulous experiments convinced him that this ratio of the quantity of the dilutants and not of the medicine being dynamized ie. 100 to one, is far too low to develop the medicinal substance properly and to a high degree with a large number of succussions unless force is used". Hahnemann says *take a single globule, 100 of which way of grain, and dynamize it with 100 drops of wine spirits then the ratio becomes 50,000 to one, indeed higher than that because 500 of such globules cannot completely absorb one drop (LM means 50,000 but it should be Q, they are more properly called Q potencies). But the idea is that the dilution factor instead of being 100 to one as in a "C" potency, is 1 to 50,000 because we are just using one little globule and putting it into wine spirits etc.*

In this much higher ratio between dilutants and medicinal substance a large number of succussions of the vial filled to 2/3 with wine spirit, can bring about a far greater development of power. When the ratio of dilutant to medicine is as low as 100 to 1 and very many succussions are forced into it by a powerful machine, we obtain medicines that, especially in the higher degrees of dynamatization, act almost instantaneously with intense even dangerous violence, particularly on delicate patients, without bringing about the permanent, gentle counteraction of the vital principle. But my new method produces medicines at the highest power with the mildest action, which, if well chosen, will heal all the sick parts of the organism. So, in acute fevers you can repeat the small doses of the lowest degrees of dynamatization even at short intervals and with medicines with long actions such

as Belladonna, and in chronic diseases one can best perceive beginning the treatment with the lowest degree of dynamatization and if necessary continue to the higher degrees which are increasing strong but always act gently.

So you start with a LM1, then go to a LM2, then LM3, rather than the jump you have in the "C" potencies of 6c, 12c 30c 200c

Another characteristic of LM potencies is that aggravation tends to come at the end of treatment. Aggravations with LM potencies are much milder than "C" potencies and easier to control. You can play around with the number of succussions, the number of cups of dilutions. They are just so flexible rather than giving a single dose of a high potency of a "C" and then just having to wait and see what it does.

In paragraph 280 he says you *continue to give the medicine as long as it continues to benefit the patient and does not give rise to any troublesome new complaints and you gradually increases the dose until the patient while generally feeling better, begins once again to experience one or more of his old original symptoms to a moderate degree. If the remedy has been modified each time by succussion, and very moderate doses have been gradually increased, this return of old symptoms indicates that cure is eminent and that the vital principle has almost no more need to be effected by the similar medicinal disease (being the remedy), in order to lose the sensation of the natural disease. It indicates that the life principle now free from the natural disease begins to suffer only something of the medicinal disease hitherto known as 'homeopathic aggravation'.*

FIVE CUP METHOD

Dr. Farokh gives the homeopathic dose in liquid form. He instructs to always use coloured glass bottles, not white or clear.

- **First - line up 5 cups of water (150ml – ¾ cup) in front of you.**
- **Stir in the homeopathic pellet into the 1st cup. Stir clockwise 10 times.**
- **Then take the spoon out vertically and put it into the next cup – stir clockwise 10 times.**
- **Now take the spoon and put it into the 3rd cup – stir clockwise 10 times.**
- **Take the spoon and put it into the 4th cup – stir clockwise 10 times.**
- **Finally lift and put the spoon into the 5th cup and stir clockwise 10 times.**
- **Discard the 1st 4 cups.**
- **Take the medicine as prescribed out of the 5th cup. Hold it in the mouth 10-15 sec. Before swallowing.**
- **You can cover the cup, but don't empty it or clean it.**
- **Note you might want to make the 5th cup a jar with a cover.**

- **Every time you take a dose from the 5th cup remember to stir it first 10 times.**
- **This is good for a week, then you have to start over.**

Dr. Farokh says this is what Hahnemann did:

- **Put 10 drops brandy into 100ml distilled water in glass container. This is the base solution.**
- **Then put one pellet of selected remedy into the container. Close. Shake/pound 100 times.**
- **Then tell person to take 1 tsp full twice a day, but each time you take it you have to succuss. He found 100 shakes was too much, reduced it to 10 shakes.**
- **Finish the bottle and if you want to continue with this remedy, add 100ml water and 10 drops brandy, but you don't need to add a pellet because the previous remedy is still in the old bottle.**

If it is a new preparation he would wash the bottle and start from scratch.

Homeopathy is very important and used much in India, but in India there is not much brandy to use for their preparations. Instead they use 100ml spring or distilled water.
Using paper cups, they put one pellet into the first cup, stir it 10 times clockwise, with a spoon, then lift the spoon directly up and out of the water, into the next cup which has no medicine, but there will be residue on the spoon that you used to stir the first cup.
Stir the second cup 10x, lift, go into the next cup....etc. Etc.
The 5th cup becomes your base solution – you can discard the first 4 cups.
Take one tsp full from the cup, hold it in the mouth for 10-20 sec. Before swallowing.
Keep the formula in the refrigerator if it is hot in the room.
Every time you take a spoonful, you have stir it 10x.
Do for 7 days, then you must start all over again.

This doctor will go to 6 or 7 cups if the person is very sensitive.