

## Antidotes

The action of the remedy can be interfered with by various substances or treatments. These substances or treatments can stop the remedy from working (antidote). A person who enjoys greater health under homeopathic treatment can, after being exposed to these factors be pushed back to their former state of health. This interference can be antidoting or suppression. The resulting relapse may be short-lived and involve only a few symptoms or it may be complete and permanent.

**All of the following are best avoided by homeopathic patients to avoid antidoting their remedy, especially at the beginning of treatment.**

**Coffee** - This frequently antidotes remedies, probably because of a combination of medicinal chemicals (alkaloids) and caffeine. The antidoting effect can happen after one cup in some people or after many months of steady coffee drinking in others. Since we have no way of predicting in advance, we require that patients drink no coffee at all. Most decaffeinated coffee also cannot be drunk because it is water processed. Decaffeinated coffee that can be drunk is available from Cafe Cartago at 303-297-1212. Ask for the coffee for homeopathic patients. Also Starbucks decaf coffees can be used. You can also drink coffee substitutes e.g. Pero.

**Tea** - Black or green tea can be drunk in moderation, if you are not particularly sensitive to it. Some people get a rush of energy from tea similar to what most people experience from coffee. Or they may find that drinking strong tea before going to bed affects their sleep. If either is true for you then all tea must be avoided except for decaffeinated tea.

**Herbal Teas** - Some herbal teas have a strong medicinal action and must be avoided. Others (e.g. hibiscus, lemon grass, lemon verbane, rose hips etc.) are mild and can be used freely. Specifically avoid mint tea and chamomile tea. It is best to drink different herbal teas rather than repeating the same one too often. Mate' tea or blends containing mate' must be avoided due to their high caffeine content.

**Alcohol** - Alcohol can be used in moderation. This means only occasionally and not to the point of getting drunk. A glass or two of wine or beer or one mixed drink is fine, as long as you are not particularly sensitive to it.

**Camphor** - Even skin or mucus membrane application of camphor can antidote remedies. Avoid anything containing camphor including many things you rub on your skin for aching muscles or bruises, on your chest or in your nose to break up congestion. It is also in many lip balms, cough lozenges, some massage compounds, some Chinese candies, some cosmetics etc. Brands to avoid include Vicks's Vapor Rub, Tiger Balm, Essential Balm and Chapstick. For people especially sensitive to camphor even the smell of these substances or of moth balls (naphthalene) or of the white crystals used in men's urinals can be sufficient to antidote.

**Other Products With Strong Aromatic Properties** - In addition to camphor the use of, or odor from, certain products can interfere. These include aromatherapy products, and any products containing eucalyptus or melaleuca oil (also known as tea tree oil).

**Medicines** - All drugs (whether doctor prescribed or over the counter) are designed to remove specific symptoms, without regard to the person as a whole. This leads to suppression of symptoms, which weakens the defense system. This suppression may antidote the homeopathic remedy. After homeopathic treatment improves your health, most patients are able to go to their doctors and are taken off many of their drugs. Call us if you are considering taking any new drugs.

**Vitamins, Minerals and Food Supplements** - Some supplements can be taken and others are best avoided. We will discuss which are which at your second appointment. There is a lot of confusion concerning supplements. Many people think that they are natural products used to prevent nutritional deficiencies, so why should they interfere? Though food supplements can be used to prevent deficiencies, most people who take them are using them in massive doses as drugs. Used in this way they can suppress conditions in the same way that allopathic medicines can. Taking a low-dose multi-vitamin daily is fine.

**Routine Dental Work** - The actual drilling (vibration to the bony structure), ultrasound used in routine cleaning and perhaps the chemicals used in dental work or the pain killers seem to antidote homeopathic remedies. Therefore it is recommended that at the very early stages of homeopathic treatment that you avoid all routine dental work. If, however, a condition arises that requires immediate attention or if you need a dental appointment for any reason, contact us first.

**Recreational Drugs** - Do not use cocaine, psychedelic drugs (e.g. LSD), uppers, downers, heroin or other major drugs. Marijuana (or hashish) is strongly advised against but small quantities may not necessarily interfere with everyone. People who receive certain homeopathic remedies will be asked to avoid marijuana entirely.

**Electric Blankets, Sheets or Heating Pads** - The electro-magnetic fields from these seem to interfere when placed close to the body. Using them to heat up your bed before you get into it is no problem. They cannot be used when you are in bed. Hot water bottles present no problem. Microwavable heat packs also present no problem. Water beds with electric heaters present no problem if the heaters are under the water.

**Antiperspirants** - These cannot be used as they suppress a natural body function - perspiration. Deodorants can be used, but many deodorants contain antiperspirants. Check the label to be sure.

**Anything to Which You Are Particularly Sensitive** - Avoid any food, chemicals, odors or substances which you know effect you deeply e.g. hives or skin eruptions after certain foods, odors which make you feel faint, anything you are allergic to etc.

**Other Treatments** - Many times homeopathy can be supplemented by other natural therapies. But at the same time other treatments can sometimes interfere with your cure. Especially in the early stages of treatment other therapies can slow down your improvement due to confusing the symptom picture. Talk to us about the timing of when it is best to consider adding other treatment modalities, if necessary. Yoga, meditation, psychotherapy, chi (qi) gong and talking therapies are always fine. Taking other homeopathic remedies, Bach Flowers and aromatherapy should be avoided.

**Specific Remedy Antidotes**- Some remedies have specific things which antidote them. You will be told at the time your remedy is given whether there are any other things to avoid.

**If you have any concerns about antidotes please do not hesitate to discuss this with us.**

**Steve Waldstein RSHom (NA) CCH PCH  
Aviva Waldstein RSHom (NA) CCH  
Classical Homeopathy, Inc.  
3090 S. Jamaica Court Suite 100  
Aurora, CO 80014  
303-338-1776  
steve@homeopathy-cures.com  
www.homeopathy-cures.com**

# Supplement: Herb Teas

## Okay to Use

### Bigelow

Berri-Good  
Ginger Snappish  
I Love Lemon & C  
Orange & Spice  
Perfect Peach  
Pomegranate Pizzazz  
Spiced Apple Cider  
Taste of the Tropics  
Tasty Tangerine

### Celestial Seasonings

Acai Mango Zinger  
Bengal Spice  
Black Cherry Berry  
Caffeine Free Herbal Tea  
Country Peach Passion  
Cranberry Apple Zinger  
Honey Lemon Diet Tea  
Lemon Zinger  
Mandarin Orange Spice  
Raspberry Zinger  
Red Zinger  
Roastaroma  
Tangerine Orange Zinger  
Tropic of Strawberry  
Wild Berry Zinger

### Lipton

Ginger Twist  
Lemon  
Orange

Uncle Lee's Iced Tea- all flavors

## Avoid

### Bigelow

Blueberry Harvest  
Chamomile Lemon  
Chamomile Mango  
Chamomile Mint  
Cozy Chamomile  
Fruit & Almond  
Mint Medley  
Peppermint  
Red Raspberry  
Sweet Dreams  
Sweetheart Cinnamon

### Celestial Seasonings

Apple Banana Chamomile  
Chamomile  
Cinnamon Apple  
Cinnamon Apple Spice  
Honey Vanilla Chamomile  
Linden Mint  
Mint Magic  
Peppermint  
Sleepytime  
Sleepytime Vanilla  
Sweet Apple Chamomile  
Tension Tamer

Laci Le Beau's - all

### Lipton

Cinnamon Apple  
Honey & Lemon  
Peppermint  
Quietly Chamomile

Slim Tea-all

Sportea-all

Traditional Medicinals - all

Yogi Tea- all