

Things to avoid when taking homeopathic medicines:

Coffee, unless chemically decaffeinated (Hillsbrothers and MJB decaf are ok)  
Mellaluca/tea tree oil products, mouthwash, certain Blistex products, Noxema and Cover Girl cosmetics, menthol/eucalyptus and essential oils containing eucalyptus are able to antidote the remedy by smell and eating,(as in cough drops), Peppermint in candy, alltoids, teas or flavorings, Earl Grey tea, Aveda oils, (most contain eucalyptus though not stated on the label) any strong chemical or paint thinner, especially if you are sensitive to it. Certain medications, especially cortisone, prednisone, opiates and codein and antibiotics. **LEARN TO READ LABELS!** This is a lifestyle change, not just for the two days it takes to take a remedy. Caffeine itself is ok, therefore chocolate, pop and tea are ok. If you are not sure, ask!

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