

Alchem{ess}


THE ULTIMATE GUIDE Homoeopathic Support Essence Formulas



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INTRODUCTION

Hello, I'm your Homoeopath & Mentor, Tamara.

I am passionate about guiding people back home to themselves, to embody more of who they truly are and to shed what is not.

I have been a Homoeopath for over 18yrs and I am still moved on a regular basis at what this beautiful medicine can do! I use it as a powerful and deep tool for purifying and shedding on every level of our being what is not truly us, assisting us to come into alignment with the purity of who we are and our own source connection.

I also use it as an incredible medicine to stimulate physical healing and emotional/mental healing using the Alchem{ess} Homoeopathic Support Essence Formulas I create.

It is my wish to empower and encourage others to embrace their innate ability to heal by using Homoeopathics in their everyday lives and the lives of their children and FurBabies!



Homoeopathic Medicine is an extension of nature to support us as an ally in health and wellness on every level of our multidimensional being. It is a beautiful and powerful tool in how we choose to care for ourselves and each other.

love Tamara x

CHAPTER 1

What is Homoeopathic Medicine?

Like Cures Like

Homoeopathy is a system of medicine developed in the 18th century by Dr Samuel Hahnemann who was unhappy with the harmful and toxic systems being used at the time.

Homoeopathy is a holistic medicine which uses specially prepared, highly diluted substances of plant, mineral or animal origin that stimulate the body's own healing mechanisms.

It is based on the Law of Similars which is the principle of "like cures like" – that is, a substance which can cause symptoms when taken in large doses, can be used in small minute (infinitesimal) non toxic amounts to treat a similar symptom picture.

The word Homoeopathy meaning similar suffering or similar disease : ("homoios" in Greek means similar, "pathos" means suffering/disease/pathology) refers to this pharmacological principle of "like cures like."

Homoeopathy is now one of the most widely used and trusted alternative systems of medicine in the world. Globally over 200 million people use homoeopathy on a regular basis, including an estimated 6 million people in the UK. Homoeopathy is practised in 40 out of 42 European countries.

It has been practiced in Australia since the 1840's.



CHAPTER II

How does it work?

A Vibrational Medicine

Homoeopathic medicines come in two forms – liquid and pilules.

When taken orally, the medicine is absorbed by the mucous membranes and then enters the nervous system. From here it is able to interact and stimulate our own healing mechanisms, vital force and immune system.

The water of our bodies and the water we medicate has memory and is able to hold the vibration of the medicine, this is then carried throughout our nervous system/electrical system and is utilised throughout the body on all levels.

It is recognised within Homoeopathic philosophy that the symptoms are expressions of the body's attempt to heal, therefore it is the person that we are working with not the "disease". Homoeopathy is a holistic approach to health and healing, all aspects and levels of the person/animal are taken into consideration and treated. It is the causation of the imbalance that is deemed most important.

There are two main approaches to using Homoeopathy – Classical & Multi Methodology.

I personally, trained in Classical Homoeopathy over 20yrs ago and have since expanded beyond that to now use complex formulas for their incredible effectiveness and multi layered approach to treating illness, imbalance and pathology.

Homoeopathy is an energetic medicine and it is the vibrational signature of the original substance that is being used to interact with the vibrational nature of who we are, our vital force. This is why it is so powerful and gentle at the same time. It does not override the biochemical mechanisms of the body but works with how the body naturally heals itself.

It does not suppress the symptoms but supports the body to heal on all levels.



CHAPTER III

What is a dose?

How often?



One Single Dose

One single dose is either of the following:

- 10 drops straight under the tongue
- 10 drops or 2 pilules in water and then a mouthful of the medicated water consumed
- 2 pilules under tongue
- 2 sprays under tongue/1 spray for children under 3yrs

Frequency of Dosing

This is the most important aspect to using Homoeopathy! If you do not give enough doses in repetition you simply will not get the healing results.

The aim is for the medicine and its potency to meet the intensity of the symptoms.

Eg; a high fever, severe gastro, infected throat, sprained ankle, fall, allergic reaction, anxiety attack, shock etc will need to be matched with very frequent dosing of every 10mins, sometimes every 5mins in severe cases.

Once there is an improvement and the intensity shifts down you can then move your doses to 15 - 30mins apart, then to 1hr apart as improvement settles in and the intensity comes down.



THE KEY is to match the intensity of the symptoms with the frequency of doses and as there is an improvement decrease the frequency of doses as needed. **DO NOT STOP** dosing until the healing is complete.

CHAPTER III CONTINUED

Acute and chronic/long term injuries and conditions will have different dosing repetitions as they have a different intensity.

ACUTE SYMPTOM DOSING every 5–10mins in the beginning. Moving to every 30mins as improvement is noted. Then moving to every 1–2 hours until healing is complete.

CHRONIC/LONG TERM SYMPTOM DOSING every 2–4 hrs. Usually 3–6 doses a day long term is needed.

DO NOT BE AFRAID TO CHANGE THE FORMULA OR THE DOSING FREQUENCY IF NEEDED.

No Improvement or an aggravation?

If you are not seeing an improvement within a few hours in a severe acute situation or within 12–24 hours in a non acute situation then you may need to change the medicine formula or you need to give more frequent doses.

If you are experiencing an aggravation of symptoms after dosing this is part of the healing process – please hold off from further doses until symptoms settle, then give another dose as needed.



CHAPTER IV

Administering the Medicine

Water or directly under tongue?

Homoeopathic medicine is absorbed by the mucosa in the mouth so it is not required to be absorbed by the gut.

There are 2 ways to orally take your medicine:

Straight in mouth

- In a clean mouth, place 2 pilules and let dissolve for each dose.
- In a clean mouth place 10 drops under tongue for each dose
- In a clean mouth spray 2 sprays under tongue for each dose.

Medicating water

- 10 drops in water
- 2 – 3 pilules in water

As discussed in chapter II, water has memory and the ability to hold the vibrational signature of the medicine.

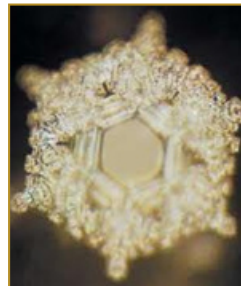
Once any amount of water is medicated with approximately 10 drops of medicine or 2 – 3 pilules you can then take your doses from it. I recommend this system of administration in acute situations as its an easy way to take very frequent doses.

THE KEY TO REMEMBER : IT IS NOT HOW MUCH YOU TAKE, IT IS HOW OFTEN YOU TAKE IT!

One single dose of medicated water could be one sip or it could be half the glass. Remembering that we are not using a medicine that works against the body to over-ride its own biochemistry with chemical formulations. We are using a medicine that supports and works with the body's mechanisms.

The body and vital force will "use up" the medicine and then require another dose.

The medicating water system of dosing is great for children and animals who dislike the smell and taste of the pure grape spirit alcohol used in the formulas as a preservative to prevent bacteria growing in the formula bottle. It's also an easier way to get children to take a dose rather than using an eye dropper straight into their mouth. They do however also love the taste of the pilules to suck on!



CHAPTER IV CONTINUED

GUIDELINES FOR ADMINISTRATION

- Take Homoeopathics at least 10min away from food, coffee, brushing teeth and using mouth wash to avoid possible antidoting... however if a dose is required in a severe acute situation please give the medicine!
- Homoeopathic medicine is absorbed by the mucus membranes, therefore holding the medicated water in your mouth for approx 5 seconds before swallowing is advised.
- Do not interchange the droppers or caps with other formulas. If the dropper touches the mouth or tongue, run under boiling water to sterilise before putting dropper back into the bottle.
- Each formula bottle contains 10-15% pure grape spirit alcohol as its preservative + distilled pure water. If unpalatable use the medicated water system of dosing.

This system of medicine differs from pharmaceuticals greatly at this point as pharmaceuticals require caution in the quantity taken due to harmful and toxic effects, as it is a chemical based substance. Whereas Homoeopathics cannot cause a toxic harmful effect due to it being only the vibrational nature of the substance remaining after preparation

Can I use more than one formula at a time?

Yes you can. It is best not to use more than 3 formulas in the one water bottle or glass. If you have different formulas for different ailments, please leave at least 10mins in between taking each one individually.

ADMINISTERING TO A FURBABY

All of the same principles and guidelines apply to dosing our FurBabies.

It is best to place 5 - 10 drops into their water bowls (less drops for sensitive noses that can't tolerate the smell of the alcohol).

When treating an acute ailment or injury you will also need to manually dose. Use the medicated water system and an eyedropper to administer for each dose needed.

Why manually dose as well as water bowl dose?

Depending how often your FurBaby drinks from their water bowl... they may not get enough doses.

STORAGE + HANDLING

Homoeopathics keep their strength for years without deteriorating or losing effectiveness, if the following guidelines are observed:

- Keep in sealed bottles for storage.
- Do not interchange bottle droppers or caps.
- Store the remedies in a dark and cool place (not the fridge). Do not store with strong smelling substances, camphor/peppermint, perfume, Vicks, or near microwave/phone.
- Do not leave sitting in the direct sun or extreme heat or temp changes. Store below 25 degrees.
- Do not handle pilules. Tap into lid, then into mouth/water.

CHAPTER IV CONTINUED

GUIDELINES FOR DOSING SPECIFIC ALIMENTS AND FIRST AID

Examples for how to dose some common first aid situations in the home –

It is always most beneficial to start taking your Homoeopathics as soon as possible. In many cases it will prevent the illness from being drawn out.

Cold and flu's

Start with a dose every 30mins until you feel a good improvement.

Follow with a dose every 1 – 2 hrs until full recovery.

Hay Fever

For severe acute hay fever dose every 10mins until you get on top of it.

Follow with a dose every 30min – 1hr as needed.

For mild hay fever a dose every 1hr as needed.

Injury + Bruising + Falls

A dose every 10 – 15mins until there is a noticeable improvement in the pain levels.

Follow with a dose every hour for approx 48hrs.

Follow with 4 – 6 doses a day until full recovery.

Ear Infections + Chesty Coughs + Croup

For severe acute onset dose every 10 – 15mins until the child settles and symptoms begin to improve.

Follow with a dose every 1 hr until full recovery.

THE KEY IS TO FOLLOW THE BODY'S RESPONSE AND LANGUAGE

Everyone is different and each situation is different.

Sometimes you may not need many doses at all and other times it may take longer and more doses.

The body's ability to heal is dependant on many factors on many multidimensional levels.

It is very important to stay anchored and grounded in your own sense of self and your body. Lean in to trusting your own inner instructions over all outside influences and doctrines.

You are wired in such a way that everything you need to know, you will know, exactly when you need to know it.

It is safe to trust this. It is safe to trust you.

Your source connection and innate healing ability will always guide you to everything that is right for you.



CONCLUSION

Adopt a Homoeopathic Mind Set!

By now you would have settled into the knowing that this wonderful medicine stays in its own lane and therefore requires a shift in perspective and mindset.

It requires us to be very present and patient with our selves on every level, to be tuned in and connected to what is shifting and happening within.

It teaches us to understand that the symptoms are the body's attempt to heal itself and it is wise to not interfere with this but to honour, trust and support this highly advanced and intelligent technology within us.

If we utilise Homoeopathic Medicine in the way nature intended, we are blessed with access to one of the most powerful support systems available to us.

Be Still.
Be Silent.
Trust.
Feel and Listen.

It is my deepest wish that you now feel more connected, empowered and confident in using the Alchem{ess} Homoeopathic Support Formulas in your everyday life.

love Tamara x



EXTRA SUPPORT

Please reach out for extra support when you need it...

There are times when we all just need some deep and nurturing support which helps us know ourselves and the life around us just a little bit differently and a-lot more deeply. This then rearranges everything from the inside out! Including our health.

Alchemy at its best!

Please see below my offerings of support:

1:1 ADULT ALCHEMICAL SESSION

Deep and personalised support and guidance

30min Phone Session ~ \$50

1.5hr - 2hr Session ~ \$200

1hr Session ~ \$130

THE POP UP SHOP

Once a month, Studio Alchem{ess} becomes a little pop up shop open to the public!

A beautiful space showcasing all of the Sacred Allies and Support Formulas.

Come in, have a cup of organic herbal tea, chat with me about the needs of you and your family, furbabies and children + stock up on your allies each month.

A great opportunity to meet me for the first time outside of a private 1:1 session or re-connect if we haven't seen each other in a while.

All are welcome! I would love to see you x

ALCHEM{ESS} HOMOEOPATHIC SUPPORT FORMULA CATALOGUE

PLEASE SEE THE CATALOGUE FOR A LIST OF ALL
ALCHEM{ESS} SUPPORT ESSENCE FORMULAS.

AVAILABLE FOR DOWNLOAD AT
ALCHEMESS.COM

ALCHEM{ESS} HOMOEOPATHIC SUPPORT ESSENCE FORMULAS

PLEASE PURCHASE YOUR FORMULAS HERE -

ALCHEMESS.COM
IN A PERSONAL 1:1 SESSION
AT THE POP UP SHOP

Disclaimer :

use only as directed.

Always read the information provided.

Keep out of reach of children.

If symptoms persist please see your Dr or health care provider.

The information is not intended for the treatment of serious life threatening or emergency conditions. Seek emergency help where necessary.

If symptoms are not relieved in a reasonable time consult your GP and professional homeopath.

Conditions which are long standing and/or recurrent or which do not respond to the product may require individualised treatment from a registered homeopath to address the underlying susceptibility.

The information is not intended for the treatment of chronic, longstanding or serious conditions in the home.

This website contains general information about health complaints and their management. The information is not advice, and should not be treated as such. You must not rely on the information on this website as an alternative to medical advice from your Dr or other professional healthcare providers. We recommend you always seek medical assessment and diagnosis where appropriate. Serious injury and illness and longstanding conditions should never be treated without seeking expert advice. If you think you may be suffering from any medical condition you should seek immediate medical attention and the responsibility lies with the reader to seek medical help and diagnosis in such situations.

Homeopathy is considered low risk by the TGA and our advice and product information is based on TGA regulations and traditional indications. All remedy-related information on the Alchem{ess} website is drawn from Homeopathic Pharmacopoeias and Materia Médicas listed by the Therapeutic Goods Administration (TGA) in Australia and referenced worldwide.