

**12C**

**30C**

## CHOOSING THE CORRECT POTENCY

**6C**

**200C**

Matching the potency to the pace of the symptoms is an art. You can use this basic guide to judge your progress.  
Most First aid kits will be equipped with 30C and 200C potencies.

Think of **30C** for physical tissue changes and trauma, such as pain, wounds, fever.  
Remember **200C** for more intense symptoms such as childbirth or acute wounds/trauma, and surgical hospital procedures.

**MOTHER  
TINCTURE**

**1M**

# Potency Selection

## MOTHER TINCTURE

A MOTHER TINCTURE IS THE FOUNDATIONAL PREPARATION OF HOMEOPATHIC REMEDIES. THE PLANT PRODUCT IS PLACED IN A MIXTURE OF WATER AND ALCOHOL THEN MACERATED AND TRITURATED UNDER STRICT GUIDELINES, TO PREPARE HOMEOPATHIC MEDICINES. THE MOTHER TINCTURE AKA M.T. CONTAINS A PHYSICAL MEASURABLE DOSE OF THE ORIGINAL SUBSTANCE. THIS POTENCY IS USEFUL TO CLEANSE WOUNDS.

## 6C

THIS POTENCY OF HOMEOPATHIC REMEDY IS NOTED TO BE A PHYSICAL ACTING REMEDY; USED TO SUPPORT DRAINAGE OR USED IN WHAT IS KNOWN AS ORGAN SUPPORT. SUCH AS LIVER DETOXIFICATION. YOU MAY ALSO USE THIS POTENCY TO REPLENISH MINERALS IN THE BODY. AN EXAMPLE WOULD BE THE USE OF TISSUE SALTS FOR TOOTH DECAY OR MUSCLE SPASMS.

## 12C

LOW POTENCY, SUCH AS 12C CAN BE CONSIDERED WHEN THE SYMPTOMS ARE OF A COMMON NATURE, THE ILLNESS IS ON THE PHYSICAL PLANE, AND THERE ARE FEW CHARACTERISTIC SIGNS AND SYMPTOMS.

# Potency Selection

## 30C

30C POTENCY IS WHAT YOU WILL FIND AND USE IN MOST OF YOUR ACUTE REMEDY KITS. IT IS A POTENCY THAT CAN BE REPEATED MORE FREQUENTLY THAN HIGHER POTENCIES SUCH AS 200C, 1M.

FOR EXAMPLE IN THE CASE OF CONJUNCTIVITIS OR PINK EYE YOU MAY CONSIDER A 30C, WHEN THE COMPLAINTS ARE MILD TO MODERATE IN INTENSITY AND THE EMOTIONS ARE STABLE AND NOT AS AFFECTED BY THE PHYSICAL PATHOLOGY.

## 200C

THIS POTENCY IS TO BE USED IN INTENSE, SUDDEN ONSET SYMPTOMS OR SITUATIONS. FOR EXAMPLE, TRAUMA, SURGERY AND CHILDBIRTH.

YOU CAN ALSO CONSIDER THIS REMEDY WHEN THE EMOTIONAL STATE EXCEEDS THE SEVERITY OF THE SITUATION, AND WHERE THE SYMPTOMS ARE STRONG IN THE EMOTIONAL MENTAL SPHERE. FOR EXAMPLE, A TEETHING CHILD WITH TEMPER TANTRUMS AND NIGHTMARES

## 1M

THIS POTENCY IS RESERVED FOR USE IN PROFESSIONAL HOMEOPATHY, TYPICALLY. IT IS ALSO USED WHEN THE PATHOLOGY IS SEVERE, DEEP AND CHRONIC. HOWEVER, IT IS MOST IMPORTANT THAT THE VITALITY OF THE PERSON IS HIGH SO THEY CAN TOLERATE THIS POTENCY.

YOU WOULD WANT TO BE CAUTIOUS GIVING THIS POTENCY IN DEPLETED STATES SUCH AS IN THE ELDERLY.

WHERE IT COULD BE USEFUL IS IN CONCUSSION, TRAUMA, WHERE THERE IS AN SEVERE SYMPTOM OF SHOCK, YET THE INDIVIDUAL IS GENERALLY HEALTHY AND STRONG.