

About Antidotes

We really don't know why things like coffee and mint can antidote or counteract the effect of homeopathic remedies. I have seen people continue to drink coffee and yet they got the improvement they needed from a remedy. We just can't know in advance whether you will be able to get well if you continue to use these things. We might choose the remedy that you need, give it to you to see how well it works for you, follow up a month later and find you are not better. Then we have to ask, "Was it the wrong remedy or did it just not get a chance to show its effectiveness for you because you kept drinking coffee, brushing your teeth with mint toothpaste, applying cortisone cream, or using some other product known to antidote homeopathic remedies?"

A number of years ago, I treated a doctor's wife who was suffering from severe migraine headaches, at least once per month. We did a full homeopathic workup and prescribed Natrum muriaticum, a remedy made from salt. At her visit a month later, she was doing well and had experienced no headache since taking the remedy. The story was the same the following month. I asked her to return if she had further difficulties. She did so well that I didn't see her for about two years. But then she came back to our office for a consultation because she'd had a migraine headache again. It turned out, that she had stayed off coffee until several weeks before that, at which point, she'd begun drinking it again; thus, the return of the migraines. Repeating the remedy we had given her previously and eliminating coffee from her diet again got her back on track quickly.

I've seen other cases where it went the other way. People we've cured have later tried coffee in small amounts and found that it did not seem to bring back any of their problems which had improved from homeopathic treatment. So what I ask people generally is, please give us the best chance to get you well by avoiding coffee, mint, camphor, menthol, cortisone, etc. to the best of your ability. After we've gotten you feeling well, *then* you can try these things in small amounts and see what happens.