

### **Being Prepared**

This course will be of much less value to you, if you don't put into practise what I teach. Practice is better than theory. So, you should purchase a remedy collection. Of course, you will not be able to use all the remedies we cover, but if you see something that needs healing in any willing family member, try the remedy out. You (and they) have nothing to lose and everything to gain.

So, to get the maximum from this course, I suggest you purchase a homeopathic remedy collection. With the knowledge fresh in your mind, and perhaps a new problem emerging (life does tend to provide us with the perfect opportunity to learn at the perfect time), you'll want to try your hand.

Some kits contains 18 remedies, some 36, some over 100. The more you have, the better. There is nothing as frustrating as having the perfect situation present itself to you, only to find you don't have the right remedy - then the momentum is lost, and with it a great learning lesson.

However, don't stretch yourself financially. You can add to your collection as you go. And believe me, you will!

Depending on where you live in the world, here are some excellent sources of homeopathic remedies:

Australia - I stock my own kits and Helios kits at Two Legs and Four <https://twolegsandfour.com.au>

Britain - Helios <https://www.helios.co.uk>, Ainsworths [www.ainsworths.com](http://www.ainsworths.com)

New Zealand -Simillimum <http://www.simillimum.co.nz/>

USA - Hahnemann Labs <https://www.hahnemannlabs.com>, Natural Health Supply <http://a2zhomeopathy.com>, Washington Homeopathic Supplies [ttps://www.homeopathyworks.com](https://www.homeopathyworks.com)

Canada - Thompson's Homeopathic <http://www.thompsonshomeopathic.com/>

You may have to ask about their homeopathic remedy collections as they don't always appear on their websites. All these pharmacies will post the remedies out to you.

Helios (Britain) and Hahnemann Labs (USA) have particularly extensive ranges of remedies.

You may also be able to purchase collections online. Good brands are Boiron and Hylands.

### **Simplex and Complex Remedies**

This course is all about understanding the single remedies.

Some pharmacies also stock complex remedies (ie several remedies put into a single bottle) which can then be labelled for a condition. Whilst this is a great starting point for people who have never experienced homeopathic healing before, it is not something that you should rely on.

There can be problems when you mix remedies together:

- you may be sensitive to one of them, but which one?
- you can only use them at low potencies, which limit their use
- whilst pharmacies are careful to mix only appropriate remedies together, if you are serious about this subject, you will gain more by learning about the remedies, not disease labels