

HOMEOPATHIC POTENCIES

Rather than strength we need to think of potencies in terms of *depth*. The number and scale noted after the remedy name indicates the potency - the depth that we are wanting to work.

THE 'X' SCALE

Considered as a material dose and referred to as a "low potency" scale the 'X' acts directly on the physical body.

THE 'C' SCALE

The centesimal scale acts on the physical body yet works at great enough depth to effect the mind and the emotions.

THE 'M' SCALE

Although still working on the physical body the M scale has a marked effect at the level of the psyche and of the spirit.

3X - 6X - 12X

These are the **SCAFFOLDING BUILDERS** Often sold as cell salts they work to support the organs, repair and restore cellular deficiencies. Can be repeated frequently.

30C

Considered a sound **MIDDLE OF THE ROAD** potency 30C works well on the physical level with enough depth to access the mind and emotions.

1M

Both definitively physical while being equally adept at addressing the mental and emotional state. Use where the picture is clear.

LM

The **ALL ENCOMPASSING DIFFUSION** of the LM is different altogether. As liquid they are *succussed* before each dose to gently increase the energetic potential. The frequency of LM's can be adjusted as needed.

6C - 12C - 18C

These potencies act directly on the physical body with less effect at the emotional level. Use when the picture is unclear. These can be repeated frequently.

200C

Often called for in acute situations this **CANNON FIRE** potency are where symptoms move with speed and intensity with direct action on the physical but will also the psyche.

10M

With the **PARACHUTING DEPTH-CHARGE** of the 10M we are working at the level of psyche and spirit. Trauma, anxiety, family inherited patterns of disease. Use under the guidance of your homeopath.

