

## POTENCIES

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"It requires all the potencies that have ever been made to master constitutions. Some will require medium potencies, some very low, some very high", says Dr. J. T. Kent in his "Lectures on Homœopathic Materia Medica".

Prejudice, unbelief, and conceit comprise the trinity, which brings disillusion, contempt, and finally abandonment to those—both professional and lay homœopaths—who think they know better.

There are those who use exclusively low potencies, others medium, and some high and very high, with the result that the Homœopathic world is encumbered with the crippled; some palsied; some ankylosed; others with one leg leading a sort of dot-and-carry-one existence.

The Golden rule is simply this. *Never change a remedy that has done good, until you have given it in a higher potency.*

Whether you believe in the efficacy of the higher potency or not is of no consequence.

In other words, if you start with the 3rd potency, and it has done good and the patient's progress has come to an end, *do not change the remedy*, but give the same remedy in the 12th potency (which is higher) and see what happens. If under the 12th potency further progress in the cure takes place and then the patient stays put, then go up to the 30th potency, and so on.

If for argument's sake, after the 30th you give the 200th potency and the patient remains in status quo, then it is quite on the cards that the remedy you have given in the 3rd, 12th and 30th potencies has done all the good it can, and you will have to think again.

The next thing to do, unless the case has changed completely, *is to study the remedy or remedies which are complementary and closely related to the remedy that has done good*, and see which of these remedies will carry the case onwards.

It is quite possible that the 3rd potency in any given case

will cure it completely. If it does, that is splendid: but, if it only improves the condition of the patient, *then for goodness' sake do not change the remedy until you have given it in a higher potency.*

If you are one of those who think that any potency higher than the 3rd or 12th is all moonshine, then you will miss the boat, and my advice is to forget all about Homœopathy.

You will always be safe to start low and go higher; higher, and if needs be higher still, SO LONG AS THE REMEDY IS DOING GOOD.

Low potencies like the 3rd and 12th can be repeated two or three times a day. *The higher you go, the less often must the remedy be given.* THIS IS VERY IMPORTANT.

If you have to go high or very high, then give the unit dose and WAIT. So long as the patient keeps improving on the dose of the high or very high potency, NO FURTHER DOSE UNDER ANY CIRCUMSTANCES SHOULD BE GIVEN. The unit dose high or very high may work for 2, 3, 4 months and even longer.

I have had a case where a dose of Sepia M (1000th potency) worked for nearly nine months.

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