In general, homeopathic remedies are produced with an alcohol, water or a combination of both as a base. 21st Century Homeopathics’ remedies #1 through #10 are produced in a base of water. This is important to patients who are sensitive to alcohol.

Remedy #9: Bacterial Detox

For temporary relief of fever, sore throat and acute irritation of the bladder. Remedy #9 supports detoxification of toxins that remain after a bacterial infection or miasm.


OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #10: Parasitic Detox

For temporary relief of fever, joint pain, cough, stiffness and gastric upset. Remedy #10 supports detoxification of toxins that remain following a parasitic infection.


OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.
21st Century Homeopathics supplies easy-to-use remedies that provide consistent results and act as a complement to traditional medicine. We know that our products must keep pace with the effects of a constantly changing environment. All remedies produced by 21st Century Homeopathics are designed to effectively meet that challenge.

**What is homeopathy?** Homeopathy is a medical science, a natural complement to traditional medicine. The word homeopathy is of Greek origin “homeo” meaning similar and “pathos” meaning disease or suffering. Homeopathy’s basic principle is the “law of similars” or, like cures like. A physician using homeopathic remedies will look for a substance to mimic the body’s symptoms. For instance, an onion may cause burning or running eyes. This could be a symptom of hay fever or allergies.

Homeopathy is a natural system of health care that stimulates the body’s natural defenses and healing powers. Homeopathy is a time-tested, economical and non-toxic form of therapy. Homeopathy recognizes that symptoms represent the body’s adaptation and defense against disease, stress and factors that alter its finely tuned systems. Homeopathy treats the underlying problem. Therefore, a physician utilizing homeopathic remedies will attempt to find remedies to help the body cure itself. Homeopathic medicines support a person’s natural defenses.

Homeopathy uses substances according to their ability to promote symptoms resembling those a person presently experiences. Conventional medical practice sometimes employs a similar strategy to stimulate the body’s healing processes, for example, allergy treatments and immunizations.

**Remedy #7: Heavy Metal Detox (cont.)**

Lithium Carbonicum, Manganum Metallicum, Mercurius Solubillis, Molybdenum, Neodymium, Niccolum Metallicum, Niobium, Nitrogenum, Oxygen, Plumbum Metallicum, Praseodymium, Rubidium, Samarium, Scandium, Selenium Metallicum, Silicea Terra, Strontium Carbonicum, Tantalum, Terbium, Thulium, Tin, Titanium Metallicum, Vanadium, Ytterbium, Zincum Metallicum), Veratrum Album 30C, Apis Mellifica 30C.

**OTHER INGREDIENTS:** Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

**Remedy #8: Fungal Yeast infection**

For temporary relief of flatulence, bloating and rhinitis. Remedy #8 supports detoxification due to mycotic infections.


**OTHER INGREDIENTS:** Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.
Remedy #6: Environmental Detox

For temporary relief of cough, rattling in chest, hoarseness, sore throat, skin irritation and vomiting upon environmental exposure. Remedy #6 supports detoxification of insecticides, environmental and industrial pollutants.


OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #7: Heavy Metal Detox

For temporary relief of neurologic disorders, vomiting, prostration and metallic aftertaste. Remedy #7 supports detoxification of environmental pollutants.


OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

How should homeopathic remedies be used? Homeopathic remedies should be taken on an empty stomach. This includes liquids as well as food. The remedies should be taken fifteen minutes – or thirty minutes after a meal or beverage. Do not swallow remedy immediately; allow it to stay in the mouth for approximately 15 seconds before swallowing. Your homeopathic remedies should be stored at room temperature, out of direct sunlight. Always keep homeopathic remedies distant from any aromatic substances such as perfumes, paint or any household (aromatic) contaminants.

When using homeopathic remedies it is recommended to avoid alcoholic beverages, mint and caffeine-containing substances including coffee, tea and chocolate.

How are homeopathic remedies prepared? Homeopathic remedies are produced under regulation of the FDA. There are no side affects with homeopathic medicines.

What is the difference between a single remedy and a combination (complex) formula? Traditionally, homeopathic remedies are single-remedy medicines. A physician utilizing the single remedy approach to homeopathy may inventory up to several thousand remedies. The approach is very specific and individualized, requiring extensive training and remedy adjustments throughout the treatment. By comparison, a physician utilizing a complex (multiple ingredient and potencies) preparation, will inventory fewer products that are more broad-based. Because of their synergistic effects, the complex formulas do not need the same exacting individualization. They are easier to use and will benefit a broader patient profile. Complex homeopathy can be used as a complement to nutritional protocols.
What recent scientific literature supports the use of homeopathy? The clinical effectiveness of homeopathy was reviewed recently (Kleijen J. Knipschild P. Riet G. Clinical trials of homeopathy. British Journal of Medicine 1991; 302:316-323.). Of the 21 most carefully designed studies, 15 showed positive effects with homeopathic medicines.


In the opinion of the scientific community, the “turning point” in homeopathy is credited to the paper, which demonstrated homeopathy’s immune response by utilizing the Human Basophil Degranulation Test (HBDT). The HBDT is a well-established model of the immune response (Belon P. C.J., et al. 1999. Inhibition of human basophil degranulation by successive histamine dilutions: results of a European multi-centre trial. Inflamm Res. Apr; 48: S17-18). In a similar study, HBDT was also used to measure inhibition of basophil activation by ultramolecular dilutions of histamine. In addition to methodological and statistical detail, supplementary experiments corroborated the main thesis. The overall result showed statistically significant inhibition of basophil activation at ultramolecular dilutions of histamine (p≤0.0001) (Fisher P. 2004. A landmark for basic research in homeopathy. Homeopathy 93: 162-163).

**Remedy #4: Detox-Virus**

For relief of skin irritation, dry cough, eczema or fever. Remedy #4 supports detoxification of residual toxins left from a viral infection.


**OTHER INGREDIENTS:** Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

**Remedy #5: Chronic Stress**

For temporary relief of debility, exhaustion or exhaustion after slight exertion, or exhaustion following dysentery. Remedy #5 supports the easing of chronic stress produced by natural substances called adaptogens.


**OTHER INGREDIENTS:** Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.
Remedy #1: Detoxification
For temporary relief of gastrointestinal dyspepsia (indigestion) with flatulence and bloating and intolerance of certain foods. Remedy #1 supports detoxification and cellular repair.


OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #2: Lymphatic Drainage
For temporary relief of fever, sore throat and acute irritation of the bladder. Remedy #2 supports the clearing of organs allowing for lymphatic drainage and detoxification of any stored toxins that have been released during the cleansing.


OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #3: Acute Stress
For relief of acute stress due to emotional strain, anxiety, sleeplessness, apprehension or fear.


OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.