

# Vasopressin Homeopathic - How To Dose

---

This is a formulation I “invented” as part of my own personal recovery from a severe traumatic brain injury in 2010. My antidiuretic hormone (ADH) was nowhere to be found for years, the symptoms were miserable - and as a true canary - I didn’t tolerate the medication.

Due to my personal success, I started using it with mold-sick patients and observed the same benefits.

I’ve found it to have a restorative action, in other words, not just replacing the hormone, but allowing my body to remember that it needed to make it. So in this way, it has a normalizing effect rather than creating dependence.

With that understanding, I dose higher in the beginning to get a baseline effective dose, then the goal is slow weaning.

1. 5-10 drops 4-6x/day for 2 weeks.
2. If a good response (ie: reduce urinary frequency, stabilized blood pressure, reduced dehydration headaches, etc) reduce all timed doses by 1 drop every 2 weeks.
3. If symptoms return, go back up to the prior dose and test again in 2-4 more weeks.
4. When you get down to 1 drop at each dosing time, drop the mid-day dose.
5. After 2 weeks, drop the morning dose
6. After 2 weeks, drop the pm dose.

© 2022 Dr. Jill Crista

This content is for health information only and not intended as personal medical advice. Reading or viewing it will not establish a doctor-patient relationship. It is not intended to diagnose, treat, cure or prevent any disease or medical condition. The information discussed is not intended to replace the advice of your healthcare provider. Reliance on information provided by Dr. Jill Crista, employees, or others appearing at the invitation of Dr. Crista is solely at your own risk.