

# VIP Homeopathic Drops - How To Dose

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When I think of Vasoactive Intestinal Peptide (VIP) I think of regaining resilience. VIP is formed mostly in the intestines, and communicates with systems in the brain and body that regulate our nervous system and cardiovascular system.

It's used as a drug with mold-sick people to restore the function of this communication. The drug version is used once the person is sufficiently out of the mold exposure and no longer dealing with chronic infections. It's engaged when, despite efforts toward healing, a person is still struggling with symptoms or frequent relapses.

VIP can improve fatigue related to mitochondrial dysfunction, normalize our response to stress, and normalize clotting abnormalities, including acquired von Willebrand's. VIP is also thought to restore a hormone called MSH (melanocyte stimulating hormone) - a hormone involved in rebuilding immunity. By restoring this hormone, a person can go from being exquisitely sensitive to damp buildings to only having a mild reaction.

Unfortunately, for my patients, many don't tolerate the drug form. Additionally, many would benefit from VIP, even though they may still be colonized. That's where homeopathic microdosing comes in. So far, with my patients, it's been much better tolerated.\*

## HOW IT WORKS

This formulation is designed to be given by mouth in drop doses. It's not sprayed into the nose like the prescription intranasal VIP spray. Homeopathics are quickly absorbed when taken under the tongue.

Homeopathic hormone therapies nudge the body in the right direction, re-establishing connections between systems. Your body begins to realize that it's not making this hormone in adequate quantities to regulate necessary body systems. The goal is to start low and titrate the dose up until you get the desired effect. Then, once stabilized, reduce every few weeks as your body remembers how to do it on its own. I love that this remedy has an exit strategy built in.

## HOW TO USE

If sensitive to the alcohol preservative or if giving it to kids, put the drops into 3-4 ounces of boiling water, allow to cool, then take it one sip at a time, holding under the tongue for as long as you can, until all of the treated water is gone.

Doses range widely for this remedy, depending on the individual - from 1 drop as needed (ie: for low energy or low blood pressure events) up to 2 drops taken 12 times per day.

A typical starting dose is 1 drop under the tongue (or in water as per above) in the morning for 1 week. If no effect, increase to 2 drops in the morning. If more dose is needed, increase to 2 drops in the morning and 1 at lunch, and so on. Increase in repetition before increasing drops. Very sensitive people may need to have breakfast before taking the first dose. And this is one to avoid before bed, as it stimulates the brain-adrenal axis and may affect sleep.

Quite often, people keep this around for added support during times of either immune, energy, or circulatory challenges, such as exercising in the heat or for sauna treatments. In that case, they may use it before and after the circulatory challenge to handle the treatment better and also recover more quickly. Some use it to reduce or stop excess bleeding, ie: nose or menses.

Listening to your body is the key to individualizing the dosing of this remedy.

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