

**Natural Health**  
**Allergies Chiropractic Nutrition**  
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Total Tincture or Mother Tincture:

Well they are both prescribed in two completely different clinical situations. Total Tincture is a Homoeopathic remedy, and Mother Tincture is not.

A Mother Tincture is a solution of a botanical substance and alcohol made according to standards set by the HPUS (Homeopathic Pharmacopeia of the United States). Depending on the properties of the substance, a mother tincture is either a 1x or 1c potency. All higher potencies are derived from the mother tincture.

There's a really interesting point behind all this atomic science. Regardless of its *molecular weight*, every *mole* of every substance contains *exactly* the same number of molecules. This is called the *Avogadro number*. So, one mole of water, or iron, or salt, or carbon dioxide each contains the same number of molecules. Having this information enables us to calculate the exact vanishing point of the presence of the mother tincture. That is, we know exactly when we have entered the homeopathic *ultra molecular* range, where there is no longer any presence of the original mother tincture. All that remains is an *electromagnetic imprint* of the mother tincture (the homeopathic remedy).

Homeopathic remedies are classified into three levels of potencies. X, C and M refer to 10, 100 and 1,000 in terms of the amount of dilution. The confusing and amazing aspect of Homeopathy is that the more a tincture is diluted, the more potent it becomes. So, while a C is more dilute than an X, the C is more potent. The M classification is very potent and is usually prescribed by Homeopathic physicians.

Homeopathic remedies begin with part of the original substance dissolved in alcohol, called the Mother Tincture. The Mother Tincture is then diluted many times. After each dilution the solution is shaken or "succussed", this shaking activates the remedy. The solution is then made into pills, powders, tinctures or creams. A 1X potency is created by mixing 1 part of the mother tincture and 9 parts alcohol or distilled water. In each successive number (increasing the potency 2X, 3X, 6X), 1 part is taken from the previous potency and diluted according to the new potency.

Example: A 3X remedy ( $10 \times 10 \times 10 = 1000$ ) has one part of the 2X remedy to 999 parts of alcohol or distilled water.

Total Tincture is a combination of multiple potencies of a substance, more likely to be used for allergies.

Mother Tincture is more likely to be used for food or chemical sensitivity.

Always start with Total Tincture. It is very difficult to distinguish an allergy from sensitivity. With time you will be able to differentiate with reasonable accuracy.