



Memo to Mighty Members Tip #168

ORGANIZATION: Remedy Tracking System

August 17, 2023

It's been a while since I've shared more organizational tips with you, my Mighty friend. However, I recently received an email from a graduate of The Academy of Practical Homeopathy®, presently in my Mastery™ program, a Student Advisor, and a student *par excellence*. She wanted to share one of her client's clever ideas!

Sometimes, it's hard to keep track of the medicines in our schedules, especially if a number of them are to be employed each day. How many times have you looked at a tube and thought, "Did I take that already?"

Well, with his permission, here is Randy's system for tracking his daily medicines, along with his instructions:



Directions to keep track of daily homeopathic medicines:

1. After taking a remedy, move bottle to the right-hand side of the board.
2. Continue to follow step #1 for all remaining remedies for the day.
3. After all the bottles are on the right-hand side, go to bed.
4. First thing the next morning, move all bottles back to the left-hand side of the board and repeat steps 1-4.

I have a wooden board similar to the one Randy shared with us. In fact, I've used it for years.

If you don't have a woodworker in the family, another method is to utilize two small baskets and move each medicine from one basket to the other as they're taken.

Although my clientele in the past has been predominately women, I am seeing more and more men join our movement. So, it's particularly encouraging that this idea came from a male client. I hope this can serve as inspiration for other men in our group — and maybe even for some husbands who have yet to join us.

How do you organize the medicines you need to take during the day? If you have a clever idea, send it to my suggestion collector at tracey@practicalhomeopathy.com.

And stay Mighty!



Joette Calabrese, HMC, PHom M

Founder and Director of The Academy of Practical Homeopathy® and Mastery™



If you have questions regarding this Memo to Mighty Members, please post them in the [Mighty Members' Discussion Group](#) in Joette's Social Center rather than contacting my office.

Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

The Author disclaims all liability for any loss or risk, personal or otherwise, incurred as a consequence of the use of any material in this article.

This information is not a substitute for professional medical advice, diagnosis or treatment.