A note from Kathryn Bechen …

(This is not medical advice; it's to simply illustrate how I *organize* my own personal healthcare products in my home.)

I have studied homeopathic medicine since 2003 and have developed several remedy organizing systems over the years through trial and error. These zippered hanging jewelry bags shown below are the system I personally like best because they take up little space and it's easy to take them when you travel.



They have sturdy hangers that don't bend easily. The remedy vials and bottles fit well in them and I insert a card label made from index cards with the name of the remedy and strength like 30c etc. in front of the vials at put the cards in alpha order. I bought these bags on Amazon and I also like that they are an affordable organizing method too. I also use these to organize my Bach Flowers and essential oils which are part of my personal holistic healthcare system as well.



I have also used little jars but over time as I collected so many homeopathic remedies, I found it cumbersome as they took a lot of space to store them as you see below. But it does work okay, and if you use small/short jars and label the tops, you can store them in a drawer in alpha order, rather than in a cabinet.





This system worked pretty well too, but was not my favorite. It's noisy too! These are craft drawers that tilt outward when you open them. But I found that if you added in a new remedy then you had to move the others and that was time consuming so I would now only use this for a few remedies and leave a drawer or two empty to rearrange if you add a new remedy name.

All in all, I very much prefer my hanging jewelry bags method to organize homeopathic remedies in alpha order so I can easily find one in the middle of the night if need be, and that *has* happened. The hanging jewelry bags are the easiest access I have found and you can leave a blank pocket here and there to add new remedies by name and then more easily move the others around. And this system is not *noisy!* Be sure if you try this to only buy the ones *with zippers* or the remedies will fall out when you try to roll this up and travel with the hangers.

Organizing systems in my home develop as my *real life* evolves. I work at them until I hit the method that works best for me, *through trial and error.* Eventually? *Bingo!*

Blessings,

Kathryn Bechen 😉