

REMEDY INSTRUCTIONS – DROPPER BOTTLE
PLEASE READ THOROUGHLY

Please do not eat, drink, smoke, or use toothpaste for 20 minutes before and 20 minutes after taking the remedy. Products containing camphor, such as Vicks, Noxzema, Tiger Balm, Karmex, Blistex, Sea-Breeze, Ben-Gay, or anything else that smells like these products may antidote the action of the remedy, so please avoid these.

1. Succuss (shake strongly) the bottle _____ times before taking a dose. Do this by hitting the bottle against the palm of your hand or a surface that can receive a strong blow from a distance of about two feet (perhaps a book or upholstery).
2. Put _____ drops of the remedy into four ounces of spring or distilled water. Stir and take one teaspoon.
3. Repeat the remedy as follows:

4. If any of the following apply before you've taken the recommended number of doses, please stop taking the remedy as its action has begun -- call or write to let me know.
 - if you notice significant improvement (50% or more) at any time
 - if you notice an aggravation at any time
 - if you notice the return of an old symptom
 - if you develop a symptom you've never had before
6. Call or email your response to the remedy after one week.

We will continue to evaluate your response to the remedy and adjust the dosage to fit your particular sensitivity.

Please be observant of any changes you feel from the remedy, especially the first week. These changes may be subtle, but they may provide valuable information. Homeopathic remedies provide a powerful energetic stimulus to the human organism on all levels and stimulate the innate natural processes of your body to heal itself. In some cases, it may take a few attempts to get the exact remedy that mirrors your uniquely individual symptom picture. If so, please be patient as our goal is the permanent restoration of complete health and freedom.

And always feel free to call or email with any questions or concerns.

Michalene Seiler, RSHom (NA), CCH
310-399-5737 m.seiler@verizon.net