



## **Remedy Instructions for Liquid Dose (LM)**

### **How to take your remedy**

- 1.** Avoid food or drink for at least 30 minutes before and after taking the remedy. Take the remedy at least 2 hours after drinking coffee.
- 2.** Succuss the bottle \_ times. Succuss means to hit the bottle against the palm of your hand. Give it a good hard whack from a distance of-about 1 foot.
- 3.** Dilute 1 tsp. of remedy from the bottle in a cup with 4 oz. of water.
- 4.** Stir the solution vigorously.
- 5.** Take 1 tsp. from the cup.
- 6.** Discard the remaining solution in the cup.
- 7.** If you have no adverse effects after 24 hours, continue taking the remedy daily (Repeat steps 1-5).
- 8.** Call me 5 days after starting the remedy and give me an update.
- 9.** If you have questions or concerns, please call me. If you can't reach me, leave me a message with your phone number.

Contact: \_\_\_\_\_