

## KEEP THIS PAGE FOR YOUR REFERENCE

### HOW TO USE YOUR 'CHARGED' HOMEOPATHIC REMEDIES

Following the guidelines below will enhance the effects of the remedies. However, if you have any questions or are not sure how to proceed, please contact our office as soon as possible @ (505)424-8808.

1. Take remedies at least 20 minutes before or after eating any foods, or using any toothpaste, mints, mouthwash, alcohol, etc.. Water may be taken up to ten minutes before or after remedies are taken.
2. Before taking remedies, *you must slap the remedy bottle against the palm of your hand 10-20 times*. This must be repeated every time you take any remedy.
3. Place remedies under tongue. Hold liquid under tongue for 30-60 seconds. This will allow complete absorption. **IMPORTANT:** When taking more than one remedy, allow 60-90 seconds between each. This will prevent any remedy from counteracting another.
4. Avoid all forms of coffee, tea, and mint within 1 hour of taking any remedy. It is recommended that you avoid coffee, tea, horseradish, & chocolate during the period of remedy use.
5. **MORE IS NOT BETTER!** Follow the recommended dosage.
6. Occasionally, detoxifying symptoms may occur. These can include headaches and/or fatigue. If any of these symptoms becomes very uncomfortable, reduce dosage by half for 24 hours.
7. To achieve the desired results, consistency of remedy use is highly recommended. Also, extra rest, drinking 8-10 glasses of water and reducing stress are very helpful toward the release of toxins and the alleviating of symptoms.
8. *Do not take any remedies on the day of your re-evaluation, or sending of a urine sample.*

Your charged homeopathic remedies are energetic medicines. Strong aromatic flavors and pungent odors can cause loss of potency. Some foods and environmental conditions, such as high temperatures, radiation from TV and microwaves ovens, computer monitors and speaker magnets, can cause neutralization of the electromagnetic *charge* of the remedies. Avoid leaving them in parked cars as the temperatures could impair the effectiveness of the remedies. Do not allow remedies to go through airport x-ray security screening. Instead, pass them through with your keys and change. Also, do not pack them in your luggage as luggage is often subject to x-ray checks before loading. X-rays can neutralize remedies.