

Mixing and Taking Your Remedies

Mixing:

- If you received a labeled bottle with one or more pellets of the remedy, fill $\frac{3}{4}$ of the bottle with distilled water
 - OR, to make it last 2 months instead of 10 days, use 90% distilled water, 10% alcohol.
 - Alcohol can be any unflavored clear grain alcohol (Vodka, gin, Everclear) 100 proof or higher. Everclear is the preferred alcohol.
- If you ordered pellets only, drop one pellet into the bottle, using a clean spoon rather than your fingers if you need help getting one out. Then add distilled water or 90% distilled water, 10% alcohol (unflavored clear grain alcohol 50 proof or above, preferably Everclear).

Before Each Dose:

- **Succuss** 2-3 times: This means shaking the bottle vigorously and striking the palm of your hand, a book or wood two or three times.
- Make sure the liquid does not come into direct sunlight while succussing and taking the dose.

Dosage:

- Dose depends on sensitivity.
- Oral dose: 1-5 drops under the tongue
- Olfactory dose: one big sniff from the open bottle

Dose Timing:

- Allow 30 minutes minimum between doses. 2 or more hours is preferred.
 - Acute treatment dose timing may differ.

Storage and expiration of medicines

- Keep remedies away from electrical outlets, anything plugged in, wifi/cellular radiation such as near cell phones and routers, sunlight, freezing temperatures or temperatures over 120 degrees F.
- Liquid remedies in water/alcohol mixture last 2 months
- Liquid remedies in water only last ten days
- Solid pellets will last indefinitely if stored in a cool, dry place not exposed to strong odors, perfumes.