

Instructions for Making Homeopathic Liquid remedy

1. Fill a small glass or bottle (preferably dark color) with 8 oz. of water.
2. Drop one dose (4-8 granules/pallets) of the remedy without touching it into the bottle.
3. Shake or stir 3 times (or as many times as advised).
4. Take 1 tbsp from the liquid remedy.
5. Repeat steps 3 & 4 as often as instructed by your homeopath.

Remember: each time before you take the liquid remedy shake the bottle 3 times or the number of times that has been given to you.

The liquid remedy should be discarded after 5 days. If more remedy is needed a fresh batch needs to be prepared (steps 1-2).