

CLASSICAL HOMEOPATHY

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Ramakrishnan Protocols

Here are your instructions for the next 6 weeks. I want to have a phone check in with you every two weeks so that your dosage can be adjusted or remedy changed in a timely fashion. If you have questions, please call. If it matters to you, it matters to me.

1. You will alternate weeks: week one remedy #1, then remedy #2. (a total of 3 weeks for each remedy)
2. You will need to have a different container to mix each remedy in. (Total of two containers).
3. I ask that you use glass, as plastic will sometimes hold odors or oil on the surface.
4. It is easiest to mark on the jar how much water to add. This eliminates tedious measuring from week to week.
5. Use distilled water.
6. Week One: Put 3 pellets of remedy #1 in the bottom of your glass or jar.

DO NOT TOUCH THEM WITH YOUR FINGERS. IF THEY HIT THE FLOOR, TOSS THEM IN THE TRASH. (I have given you extra remedy in case this happens)

7. Add 11 teaspoons of distilled water.
8. Let the pellets dissolve.

Here how to take it the daily dose of the remedy you just prepared

9. Every 15 minutes for 2 and ½ hours take one teaspoon of the liquid. Stir the glass with a metal spoon in between each dose. This is a total of 10 doses. You will have one teaspoon of water left over at the end of each day.
10. The next day, add 10 teaspoons of distilled water to the one teaspoon of remedy that was left in your jar from the previous day. Again, at about the same time of day, take the remedy as described in the paragraph above. Do this every day for seven days. You don't put any more pellets into the water. At the end of seven days, throw away the last teaspoon of water.

Week two, you do the same procedure with the remedy #2.

Week three, you start with a totally new mixture of remedy #1. You can use the same jar that you used for week one.