

CLASSICAL HOMEOPATHY

Beth Knudtsen-Spears, CCH

Certified CEASE Therapist

2 Enterprise Ave. NE

Suite C-1

Isanti, MN 55040

763-552-HEAL (4325)

www.spearsnaturalhealth.com

General Instructions for Skin Washing with Remedies

Take two pellets and dissolve them in 4 ounces of distilled or purified water in a glass container. Plastic containers often have a residue on them.

Stir or shake the container vigorously (about 30 times).

Use a metal spoon for stirring and for taking the remedy. Plastic spoons often have a residue on them.

Take a spoon and pour a small amount of the remedy water over your acne daily for two weeks, then check in with me for further instructions.

Remember to stir the solution before you use it each time.

Do not add more pellets to the remedy solution for subsequent doses.

Call with any questions.

Thanks for this opportunity to work with you to improve your health.