

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

Classical Homeopathy Natural Health for Mind and Body

General Instructions for Plussing

Follow the specific instructions on the envelope.

Do not touch the remedy pellets.

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 one teaspoon orally. Swish and swallow the remedy.

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

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

The reason for putting remedies into water before taking them for self-limiting diseases (for example, colds, flu, sprained ankles and similar conditions) or chronic disease is so that you can repeat the remedy frequently with less danger of overdosing.

Please store the remedy covered in the refrigerator if you are using it for more than 24 hours. You can store it for about 3 days. Each dose is slightly less strong than the one before. So, if you don't notice a change in your symptoms, make a new batch of remedy water.

****When directed to 'double-dilute', please take make two containers of 1/2c water. Put the pellets in one container, dissolve them, stir the water and take 1 tsp from the first container and put it into the second container. Stir and take 1 tsp from the second container and swallow it.