

# CLASSICAL HOMEOPATHY

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## Instructions for LM Remedies

1. Put 4 ounces (1/2c) of distilled, filtered or purified water in a glass container. (If you are on well water that is fine to use).
2. Pound the bottle 7 times on a thick book.
3. Put the number of drops on your bottle label into the glass container with 4 oz water.
4. Stir the liquid in the glass container vigorously.
5. Take 1 tsp from the glass and swallow. Pour out the rest of the remedy water in the glass.
6. Prepare and take the teaspoon of remedy daily until your next appointment.
7. Store the remedy stock bottle at room temperature.
8. Prepare the remedy fresh each time you take it.
9. Email ([bethks@spearsnaturalhealth.com](mailto:bethks@spearsnaturalhealth.com)) me 7 days after you start on the remedy, so that we can evaluate the number of drops.

763-552-4325

**PLEASE call with any concerns that you have even if it is before your next appointment. If it seems important to you, it probably is!**