

## INSTRUCTIONS FOR TAKING YOUR LIQUID HOMEOPATHIC MEDICINE

The label on the bottle of your medicine should indicate whether it is a LM or Plussed Medicine.

### LM Medicine:

1. You will be preparing a fresh dilution each time you take the medicine, according to these instructions.
2. Shake the bottle 10 times against the heel of your hand or a book.
3. Put 5 drops of the stock solution from the bottle into a 4 oz. glass of distilled or filtered water. Use a glass, paper, or ceramic drinking container.
4. Stir the solution you have prepared in the glass vigorously for 15 seconds with a spoon.
5. Take 1/2 tsp. of the stirred solution right after stirring. Swish in your mouth then swallow.
6. Discard the remaining solution (yes, throw it away!)
7. Stop taking the remedy if symptoms worsen. Resume taking it when they subside.
8. If you feel better, continue taking it at the prescribed frequency OR take less often.
9. If a relapse occurs, begin again to take the medicine as indicated.

LM Multiple Glass Method: (Use the LM instructions above unless you are instructed specifically by Dr. Ullman or Reichenberg-Ullman to use a multiple glass method.)

1. If you are very sensitive or your symptoms are extremely aggravated after taking your LM medicine, we may suggest using 2, 3, or more glasses to prepare your LM medicine. Check with your doctor.
2. Follow the instructions above for LM Medicine. Then, instead of taking the 1/2 teaspoon, put it in a second glass with 4 oz. water and stir. If you have been instructed to use the two-glass method, take 1/2 tsp. from this glass as your dose.
3. For the three-glass method, put the 1/2 tsp. from the second glass into a third glass containing 4 oz. of water, stir, and take 1/2 tsp. as a dose.
4. For four or more glasses, repeat the same procedure the prescribed number of times, taking 1 tsp. from the last glass as your dose.

### Plussed Medicine:

1. Shake bottle 10 times against the heel of your hand or a book.
2. Take 5 drops under tongue according to the schedule indicated on the bottle. If it burns your tongue, you can place the drops in a small amount of water (about 1 oz.) and hold the water in your mouth before swallowing.
3. If your symptoms worsen, stop taking the medicine. Resume when the symptoms subside. If you become worse after beginning to take it again, stop and contact your doctor.
4. If you continue to feel well, you can keep on taking the medicine at the prescribed frequency OR take it less often. If, after that, you begin to relapse, start taking it again or increase the frequency.

