

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

Instructions for Double Diluting LM Remedies

1. Put 4 ounces (1/2c) of distilled, filtered or purified water into each of two glass containers.
2. Pound the bottle 7 times on a thick book.
3. Put 1 drop of the liquid into the first glass container with 4 oz water.
4. Stir the liquid in the glass container vigorously.
5. Take 1 tsp from the glass and put it into the second glass container that has 4 oz water in it.
6. Stir, take 1 tsp from this container and swallow it-- then pour out the rest of the remedy water from both containers.
7. Prepare and take the teaspoon of remedy daily till our next appointment.
8. Store the remedy stock bottle at room temperature.
9. **Prepare the remedy fresh each time you take it.**

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PLEASE call with any concerns that you have even if it is before the time we have set.

If it seems important to you, it probably is!!