

## **Guidelines for the use of L.M. - Potencies**

1. Keep your stock bottle in a cool place, away from strong light and sources of electricity/magnetism.
2. Give the bottle 6-8 thumps on the ball of your hand, each time before use.
3. Put 3 drops in a glass, containing approximately 1 cm of water.
4. Stir this solution well, and take into the mouth. Hold in the mouth for a moment before swallowing.
5. Disregard the rest of the contents of the glass and discard it.
6. Repeat the above steps, 2-5, each time you take a dose.
7. Continue administration, even when you are improving.

For sensitive people, experiencing an initial aggravation

8. Give the Stock bottle only 2 thumps on the ball of your hand.
8. Take only 1 drop from the bottle, and dilute it in approximately half a glass of water.
9. Stir this solution, and take only one teaspoon full as a dose.
10. Disregard the rest of the solution as above.
11. Reduce the dose to once in every 2 days, or less if need be.
12. Stop administration if aggravation continues.