

### **INSTRUCTIONS FOR THE HOMOEOPATHIC PLUSSING METHOD**

Pour enough granules to cover base of cap and dissolve these in eleven teaspoons of spring water. Sip one teaspoon every fifteen minutes.

Before each dose gently stir the water. Take ten teaspoonfuls over the course of approximately two and a half hours and reserve the last teaspoon for the next day.

Next day add ten teaspoons of fresh spring water to the original mixture (but add no fresh granules) and repeat the process above.

Repeat this procedure for seven days after which start the procedure from the beginning again.

If the treatment is changed, discard any remaining medicine and repeat the process with the new remedy.