

## **Instructions for taking LM Potency**

You will be preparing a fresh dilution of this substance each time you take the remedy.

Shake the bottle ten times against the heel of your hand or a book.

Put 5 drops if it is a dropper bottle, ½ teaspoon if it is not a dropper bottle) from the stock bottle into 4 oz of distilled or mineral water in a small paper cup.

Stir the solution vigorously for 15 seconds or so.

Take one teaspoon liquid from the cup onto a “clean” tongue – no food or drink other than water for 15 minutes before or after the dose.

Use the remaining solution to water your plants. They will thrive!

Unless otherwise indicated, take one dose every other day.

Stop taking the solution if you have an aggravation of symptoms. Resume when the symptoms have lessened.