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The Northwest Center for Homeopathic Medicine

How to Take Your Liquid Homeopathic Remedy

Plussed Remedies:

- You will receive a 1-oz. dropper bottle containing your liquid remedy. You will use the same bottle until it is empty or we instruct you to stop.
- Shake the bottle against your hand or a book 10 times.
- Place 5 drops under the tongue with the frequency directed. (For children, you may be advised to put the 5 drops in an oz. or so of water and sip to avoid the alcohol taste.)
- If you do not want any alcohol, just let us know and you will then need to refrigerate the bottle to preserve it.
- (If Dr. Ullman directs you to dilute the liquid further, put the 5 drops in 4 oz. of water, stir, and take ½ tsp. You will make it freshly each time you take it.)

LM Remedies:

- You will receive a 1-oz dropper bottle containing your remedy. You will be making a new dilution each day you are instructed to take the medicine.
- Shake the bottle against your hand or a book 10 times.
- Place 5 drops in 4 oz. water in a paper cup.
- Stir this solution for 15 seconds vigorously with a spoon.
- Take ½ tsp. of the stirred solution.
- Throw away the remaining solution.

LM Remedies Multiple-Glass Method for Sensitive Patients:

- Follow the instructions above to prepare the first glass of the LM medicine.
- Instead of taking the ½ tsp. of the liquid, put it in a second 4-oz glass of water. Stir that glass and take ½ tsp. of it.
- You may be asked to repeat this process a specific number of additional times if you are very sensitive.