



FREQUENCY HEALING

EVERYDAY WELLNESS KIT

Featuring Narayani Homeopathic Remedies

Online Remedy & Dosing Guide

Keep this guide accessible if your printed booklet is misplaced.



HOW TO TAKE YOUR REMEDIES

Pillules are made from sucrose and the labelled remedy.

ADULTS

DO NOT HANDLE PILLULES

- Carefully tip 2 pillules into the lid.
- Tip them under your tongue and allow them to dissolve.

CHILDREN

BABIES AND TODDLERS

Dissolve the prescribed pillules in a small amount of cooled, boiled water and administer with a spoon or oral syringe.

OLDER CHILDREN

Allow the pillules to dissolve under the tongue. If preferred, they may also be dissolved in a small amount of water before taking.

2 PILLULES = ONE DOSE

- Avoid food or drink (except water) for 15 minutes before and after taking a remedy.
- Can be used with conventional medicine. Never discontinue medication unless under your doctor's instructions.
- Store in a cool, dry, dark place away from strong odours and electrical appliances.

**IF YOU HAVE CONCERNS OR SIGNIFICANT CHANGES - POSITIVE OR NEGATIVE -
STOP DOSING AND CONTACT YOUR PRESCRIBER**

ALLERGY B

WHEN MIGHT THIS REMEDY BE HELPFUL?

Hay fever • Sneezing • Itchy eyes • Asthma symptoms • Itching skin

DOSE

For acute symptoms, take one dose every 15 minutes until relief, up to 6 doses. As relief starts, reduce the frequency until recovered.

BACK UP

WHEN MIGHT THIS REMEDY BE HELPFUL?

Fatigue • Recovery after illness • Low vitality • Support for energy levels

DOSE

Take 2 pillules 3 times a day for as long as needed. If energy is very low, take up to 6 times a day.



CALM MIX

WHEN MIGHT THIS REMEDY BE HELPFUL?

Restlessness • Irritability • Feeling unsettled. Calms the system mentally and physically.

DOSE

Take 2 pillules 3 times a day. If very nervous, take up to 6 times a day. When feeling calmer, take once daily.

Please note: You may feel the need to sleep after this remedy, which can occur as your nervous system settles.

DIGESTION BALANCE

WHEN MIGHT THIS REMEDY BE HELPFUL?

Heartburn • Bloating • Nausea • Food upsets • Digestive support

DOSE

Take 2 pillules 3 times a day until symptoms ease, then once daily. Take ½ hour before meals.

FLU SPEC

WHEN MIGHT THIS REMEDY BE HELPFUL?

Early cold symptoms • Flu-like illness • General aches with fever

DOSE

Take 2 pillules 6 times a day. As symptoms ease, reduce to 3 times a day until resolved.

IMMUNITY MIX

WHEN MIGHT THIS REMEDY BE HELPFUL?

Seasonal wellness • Immune support during acute or chronic illness

DOSE

Take 2 pillules 3 times a day until recovered.

INJURY MIX

WHEN MIGHT THIS REMEDY BE HELPFUL?

Bruises • Sprains • Strains • Muscle soreness • Muscle, nerve, ligament and cartilage injuries • Wounds • After surgery • Overstrain

DOSE

Acute: Take 2 pillules 6 times a day and reduce as the condition eases.

Chronic: Take 2 pillules 3 times a day for up to 3 months.

PARAMEDIC RESCUE

WHEN MIGHT THIS REMEDY BE HELPFUL?

Shock • Emotional upset • Accidents • Surgery or dental work • Injury in the body • Physical and emotional support

DOSE

Take 2 pillules every 15 minutes until symptoms start to improve, then reduce to as needed.

SLEEP

WHEN MIGHT THIS REMEDY BE HELPFUL?

Difficulty falling asleep • Restless sleep • Waking during the night

DOSE

Take 2 pillules 3 times between dinner and bedtime. May be taken again if waking during the night.

STRESS BALANCE

WHEN MIGHT THIS REMEDY BE HELPFUL?

Feeling overwhelmed • Everyday stress • Emotional tension • Sleeplessness • Stress of any kind

DOSE

Take 2 pillules up to 6 times a day if needed. Reduce as improvement takes place.

WHEN TO SEEK MEDICAL ADVICE

While these remedies may provide support for common everyday health concerns, they are not a substitute for appropriate medical care.

SEEK IMMEDIATE MEDICAL ATTENTION OR CALL 000 FOR:

- Difficulty breathing or chest pain.
- Signs of a severe allergic reaction.
- Loss of consciousness, seizures or a serious head injury.
- Significant bleeding, severe burns or suspected fractures.
- Symptoms that are severe, rapidly worsening or causing concern.

Please consult your doctor or healthcare provider if symptoms persist, worsen, recur frequently, or if you are unsure of the cause of your symptoms.