
TAKING YOUR REMEDY

YOUR REMEDY WILL WORK BEST IF YOU ...

- **KEEP IT OUT OF DIRECT SUNLIGHT.**

Room light is ok.

- **DON'T TOUCH THE REMEDY.**

Pour it into the vial cap, then toss it into your mouth.

- **DON'T EAT OR DRINK FOR 15 MINUTES BEFORE & AFTER TAKING THE REMEDY.**

Take remedy when mouth is clean; no tastes, odors, smoke, gum, etc.

- **COMPLETELY AVOID ALL COFFEE.**

No decaf, Kahlua, Irish coffee, etc.

- **COMPLETELY AVOID CAMPHOR.**

Avoid Vick's, Noxema, Tiger Balm, Sea Breeze, Karmex, Chapstick, and other products which smell like these. Also avoid liniments, make-up, cremes, shaving creams, lip balms, etc.

- **AVOID MAJOR DENTAL WORK.**

No drilling, grinding, ultrasonic cleaning. If needed, call your homeopath to discuss. Manual cleaning is okay.

- **PRESCRIPTION AND OTC DRUGS**

Discuss taking any and all drugs with your prescriber.

- **RECREATIONAL DRUGS**

Avoid marijuana, etc. However, moderate alcohol won't antidote.

- **ELECTRIC BLANKETS**

These may antidote your remedy. If you must, turn it on only to warm the bed. Then unplug it before you get in.

- **EXOTICS**

Australian Tea Tree Oil and Pau D'Arco tea will antidote. If in doubt, please ask.
