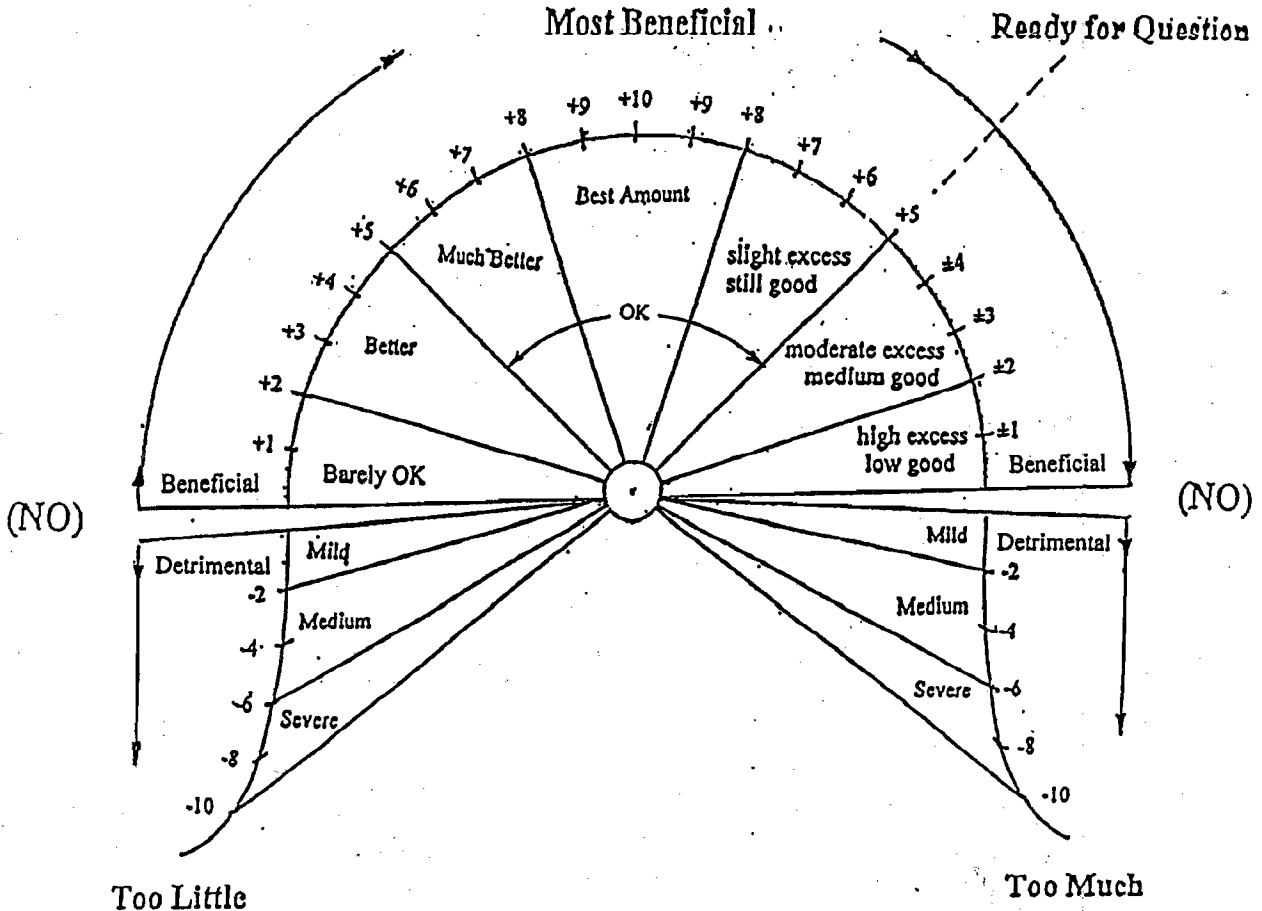


Hormesis Curve

This Chart or Hormesis Curve represents something we are all familiar with. Example: To little water (detrimental), Proper amount (beneficial), To much (back to detrimental). The same is true for sunlight, exercise, air temp, trace minerals, vitamins, and nearly all Substances or Conditions.

Check and see where you read for water consumption for the last 24 hours?

(YES)



Instructions:

- (1) Hold your pendulum over the center and start it swinging toward the Ready for Question. This is the indicating half of the pendulum swinging. Follow this indicating half-swing wherever it goes in response to your question. This Chart can also be used as a yes/no Dowsing Chart. (See page 5 for more information)
- (2) Ask your Dowsing System to indicate (swinging toward) the Effect of an Amount, for a Substance or Condition, as related to a specified Time. (hours, days, months, etc) You can also change the amount and/or time to obtain additional information.

Example:

- (1) The amount of exercise (condition) for the last week? (time)
If it reads (+2 Beneficial). This indicates a little more would be good.
- (2) If I take [500 mg of] (substance) each day (time) what would be the effect?
If it reads (± 4 moderate excess). This may indicate that you could ask about every other day, or a indicated lesser amount per day, to see what it reads.