



Humble Body - Post Visit Instructions & FAQ

General Guidelines

- **Client Schedule** is a guideline—The time of day is positioned at the top, with the regimens listed below.
- **Homeopathic remedies and herbs:** Take **on an empty stomach** (away from meals).
- **Vitamins/supplements:** Take **with meals**, unless told otherwise.
- **Binders:** Do NOT mix with other supplements. Take:
 - 30 min before meals or
 - 1–2 hours after meals

! Never take colon cleansers, fiber, or binders at the same time as medications or other supplements

Homeopathic Remedies

- **Alcohol-sensitive?** Put drops in 2 oz of **hot water**, wait 5 minutes.
- **Shake ("succus")** before use.
- **Under tongue** is best, or mix with **spring/purified water** and drink.
- **You can mix drops** if they're listed under the **same column** in your client Schedule.

Taking Capsules/Tablets

- **With food** (unless otherwise noted)
- **Trouble swallowing?**
 - Open capsules into food or drink.
 - Crush tablets and mix with food.

Detox Instructions

- **Drink 6–8+ glasses of water daily.**
- Detox may cause **flu-like symptoms** (headache, fatigue, nausea, etc.)—this is normal.
- **If symptoms are too strong:**
 - Cut dosage in half
 - Slowly increase back to full dose as tolerated

💧 **Rest and hydration** help ease detox symptoms.

! **"Detox isn't complete until the client takes the full dose for the required time. Reducing drops may extend the process."**

Common Detox Reactions:

These are **normal** signs of your body eliminating toxins:

- Headaches, fatigue, flu-like symptoms
 - Skin breakouts or rashes
 - Bowel changes (sluggishness or diarrhea)
 - Mood shifts (irritability, sadness)
 - Frequent urination
 - A temporary drop in energy or exercise motivation
- 💡 These are signs of healing! The body is clearing out low-quality materials to rebuild stronger, healthier tissue.

When in Doubt

- If unsure about **timing, mixing, or symptoms, contact your technician.**
- **Always consult your primary care provider** before combining supplements with medications.