

hour sells across the asleep vein

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2. Cap the bottle and shake vigorously 50 times (this is the first dilution).
3. Take one drop of this mix and add to another 5 mis (1/6 oz.) of distilled water; shake 50 times.
4. Take one drop of this mix and add to 5 mis (1/6 oz.) of 80 to 90 proof vodka which acts as a preservative.
5. Place three drops under the tongue hourly until there is obvious improvement or temporary exacerbation of symptoms. As improvement progresses, lengthen the interval between treatments. After 3 days, suspend treatment to avoid pushing the immune system. Treatment is resumed if progress remains static or relapse occurs.

For beginners who feel unsure about how to use homeopathy, the best book I have found as an overall introduction to self-care through homeopathy is *The Family Guide to Homeopathy, Symptoms and Natural Solutions*, by Dr. Andrew Lockje. This is a tremendously comprehensive self-help guide which introduces the fundamentals of how the body functions, how and why specific illnesses and disorders are contracted, and what homeopathic remedies will best augment the body's natural healing. This book is