

Step-by-Step Guide to Dosing Homeopathic Remedies with Water



Mastering the Art of Water Dosing for Homeopathic Remedies: Step-by-Step Instructions

Succuss Your Remedy:

Before each dose, shake or succuss the remedy bottle by giving it a "whack" or a sharp tap, like a judge hitting a gavel on the palm of your hand or a book - 10 times.

Use Filtered Spring Water:

Ensure that you use only filtered spring water. It's important to avoid using fluoridated water. Use a clean, new paper cup or a clean glass for this process.

Fill Your Cup with Water:

Fill your cup with 30 - 50 ml of water.

Add Pills or Drops:

Drop 2-4 pills or 5 drops of the homeopathic remedy into the cup with the water. Do not touch the pills; just let them drop into the water.

Take the dose:

Allow the pillules dissolve entirely, which usually takes about 5 minutes. Then, drink the dosed water.

Remedy Activation:

The remedy in the water dosage is believed to remain effective for around 12 hours. To ensure its potency, it's best to take the doses within this timeframe, ideally within a few hours.

Water Bottle Tip:

If you prefer, you can place your remedy pillules or drops into your water bottle and succuss 10 times before each drink.

